

The image shows the exterior of a single-story building with a red-tiled roof and large glass windows. The building is surrounded by green grass and trees with fresh green leaves. A white rectangular box with a black border is centered in the foreground, containing the text "Luther Home Fall/Winter 2023/24 Menu".

**Luther Home Fall/Winter 2023/24 Menu**

**\*\*\*Please note that menu may change without notice.**

**October 16 - 22, 2023**

**Week One**

**January 1 - 7, 2024**

**Week Two**

**October 23 - 29, 2023**

**Week Two**

**January 8 - 14, 2024**

**Week Three**

**October 30 – Nov 5, 2023**

**Week Three**

**January 15 - 21, 2024**

**Week Four**

**November 6 - 12, 2023**

**Week Four**

**January 22 - 28, 2024**

**Week Five**

**November 13 - 19, 2023**

**Week Five**

**January 29 – Feb 4, 2024**

**Week One**

**November 20 - 26, 2023**

**Week One**

**February 5 - 11, 2024**

**Week Two**

**November 27 – Dec 3, 2023**

**Week Two**

**February 12 - 18, 2024**

**Week Three**

**December 4 - 10, 2023**

**Week Three**

**February 19 - 25, 2024**

**Week Four**

**December 11 - 17, 2023**

**Week Four**

**February 26 – March 3, 2024**

**Week Five**

**December 18 - 24, 2023**

**Week Five**

**March 4 - 10, 2024**

**Week One**

**December 25 - 31, 2023**

**Week One**

**March 11 - 17, 2024**

**Week Two**

Updated October 2023

## Week One

### Monday

#### Breakfast – 8:00am

Oat meal/Cold Cereal, 14 Grain Toast, Poached/Scrambled Eggs, Mandarin Oranges

#### Lunch – 12:00pm

Cream of Cauliflower Soup, Tuna Melt on Whole Wheat, Beets, Cherry Tart  
Alternate: Chicken Salad Sandwich

#### Dinner – 5:00pm

Lasagna, Green Beans, Whole Wheat Dinner Roll, Peaches

### Tuesday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Rye Toast, Cheddar Cheese Slice/Yogurt, Apple Slices

#### Lunch – 12:00pm

Beef Consume Soup, Pancit, Vegetable Dumplings, California Mix Vegetable, Assorted Ice Cream

#### Dinner – 5:00pm

Honey Garlic Pork, Fried Rice, Winter Mixed Vegetables, Tropical Fruit  
Alternate: Veal Cutlet

### Wednesday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Boiled/Scrambled Eggs, Orange Slices

#### Lunch – 12:00pm

Winter Squash Soup, Chicken Fingers, French Fries, Carrot Coins, Fruit Cocktail

#### Dinner – 5:00pm

Meatloaf with Gravy, Mashed Potatoes, Turnips, Banana

### Thursday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Pancakes, Bacon/Yogurt, Diced Peaches

#### Lunch – 12:00pm

Vegetable Soup, Pizza, Cucumber & Onion Salad, Pineapple Dream Dessert

#### Dinner – 5:00pm

Multigrain Breaded Pollock, Scalloped Potatoes, Kalebanzo Blend Vegetable, Jell-o-Whip  
Alternate: Chicken Fingers

### Friday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Vanilla Yogurt, Strawberries

#### Lunch – 12:00pm

Carrot Soup, Beef & Macaroni Casserole, Prince Edward Vegetable, Tropical Fruit Salad

#### Dinner – 5:00pm

Salsa Chicken, Steamed Rice, Corn, Chocolate Cream Pie

### Saturday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Raison Toast, Cottage Cheese, Diced Pears

#### Lunch – 12:00pm

Turkey Vegetable Soup, Shaved Ham Sandwich on Whole Wheat, Greek Salad, Apple Pie with Crumble Top

#### Dinner – 5:00pm

Spaghetti with Meat Sauce, Garlic Toast, Wax Beans, Peach

### Sunday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Scrambled Eggs, Fruit Cocktail

#### Lunch – 12:00pm

Minestrone Soup, Chicken Pot Pie with Gravy, Mashed Potatoes, 4-Way Mixed Vegetable, Stewed Rhubarb

#### Dinner – 5:00pm

Spiced Rub Roast Pork with Gravy, Oven Roasted Red Potatoes, Sliced Yellow and Orange Vegetable, Pumpkin Loaf  
Alternate: Chicken Breast

## Week Two

### Monday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Pancakes, Bacon/Yogurt, Diced Peaches

#### Lunch – 12:00pm

Pork & Cabbage Soup, Fish Burger with Tartar Sauce, Lettuce & Tomato, Seasoned Potato Wedges, Strawberry Mousse

Alternate: Chicken Burger

#### Dinner – 5:00pm

Roast Turkey with Gravy, Mashed Potatoes, Italian Mixed vegetables, Tropical Fruit

### Tuesday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Boile/Scrambled Egg, Orange Slices

#### Lunch – 12:00pm

Lentil Soup, Cabbage Rolls, Cottage Cheese Perogies, Fried Onions/Sour Cream, Diced Carrots, Graham Wafer Square

#### Dinner – 5:00pm

Veal Scallopini, Broad Noodles, Green Beans, Rhubarb Coffee Cake

### Wednesday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Rye Toast, Cheddar Cheese Slice/Yogurt, Sliced Apples

#### Lunch – 12:00pm

Mushroom Soup, Chicken Salad Sandwich on Whole Wheat, Tossed Salad, Pickled Beets, Pumpkin Fluff

#### Dinner – 5:00pm

Baked Ham, Scalloped Potato, Peas, Fruit Cocktail

Alternate: Chicken Breast

### Thursday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Vanilla Yogurt, Strawberries

#### Lunch – 12:00pm

Split Pea Soup, Beef Chili, Green Beans, Cheese Biscuit, Tropical Fruit

#### Dinner – 5:00pm

Sweet & Sour Chicken Balls, Fried Rice, Oriental Vegetables, Butterscotch Pudding

### Friday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Scrambled Eggs, Fruit Cocktail

#### Lunch – 12:00pm

Borcht Soup, Potato Pancakes with Sour Cream, Bratwurst Sausage, Peaches

#### Dinner – 5:00pm

Fish Sticks with Tartar Sauce, Tater Tots, Mixed Veg, Lemon Tarts with Whipped Topping

Alternate: Chicken Patty

### Saturday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Raison Toast, Cottage Cheese, Diced Pears

#### Lunch – 12:00pm

Cream of Tomato Soup, Grilled Cheese Sandwich on Whole Wheat, Cucumbers in Sour Cream, Pickles, Applesauce with Cinnamon

#### Dinner – 5:00pm

Chicken a La King, Steamed Rice, Brussell Sprouts, Strawberries

### Sunday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, 14 Grain Toast, Poached Eggs, Mandarin Oranges

#### Lunch – 12:00pm

Chicken Vegetable Soup, Wieners & Beans, Whole Wheat Dinner Roll, Pick of the Day Mixed Vegetable, Pineapple

#### Dinner – 5:00pm

Roast Beef with Gravy, Mashed Potato, Oven Roasted Squash, Ice Cream

## Week Three

### Monday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Rye Toast, Cheddar Cheese Slice/Yogurt, Sliced Apples

#### Lunch – 12:00pm

Beef Barley Soup, Pizza, Caesar Salad, Pears

#### Dinner – 5:00pm

Cabbage Roll Casserole, Perogies with Sour Cream, French Green Beans, Carrot Cake with Cream Cheese Icing

### Tuesday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Whole Wheat Toast, Scrambled Eggs, Fruit Cocktail

#### Lunch – 12:00pm

Corn Chowder, Spanish Rice, Wax Beans, Pineapple

#### Dinner – 5:00pm

Chicken Souvlaki, Tzatziki Sauce, Turmeric Rice, Italian Mixed Vegetable, Pumpkin Muffin

### Wednesday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Pancakes, Bacon/Yogurt, Diced Peaches

#### Lunch – 12:00pm

Butternut Squash Soup, Pancit, Spring Roll, Steamed Broccoli, Banana Pudding

#### Dinner – 5:00pm

Beef Stroganoff, Noodles, Diced Carrots, Dinner Roll, Bananas

### Thursday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Whole Wheat Toast, Fried/Scrambled Eggs, Tomato Slices

#### Lunch – 12:00pm

Yellow Split Pea Soup, Chicken Burger with Lettuce and Tomato, Onion Rings, Cherry Cha Cha

#### Dinner – 5:00pm

English Style Battered Pollock, French Fries, 4-Way Mixed Vegetable, Apple Crisp  
Alternate: Chicken Cutlet

### Friday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Vanilla Yogurt, Diced Pears

#### Lunch – 12:00pm

Cream of Cauliflower Soup, Grilled Rubeen, 4 Bean Salad, Pumpkin Fluff

#### Dinner – 5:00pm

Pork Ragu with Penne, Cauliflower, Chocolate Ice Cream  
Alternate: Beef Sausage

### Saturday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, 14 Grain Toast, Poached/Scrambled Eggs, Mandarin Oranges

#### Lunch – 12:00pm

Chicken Vegetable Noodle Soup, Tuna Salad Sandwich on Whole Wheat, Coleslaw, Pickles, Yogurt with Strawberries

Alternate: Egg Salad Sandwich

#### Dinner – 5:00pm

Beef Liver with Onions and Gravy, Whipped Sweet Potatoes, Peas, Butter Tarts

### Sunday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Raisin Toast, Cottage Cheese, Diced Pears

#### Lunch – 12:00pm

Lentil Vegetable Soup, Chicken Nuggets, Pesto Pasta, Kalebanzo Blend, Fruit Cocktail

#### Dinner – 5:00pm

Spiced Rub Roast Pork with Gravy, Oven Roast Red Potato, Sliced Yellow and Orange Vegetables, Cherry Cheesecake

Alternate: Veal Cutlet

## Week Four

### Monday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Rye Toast, Cheddar Cheese Slice/Yogurt, Sliced Apples

#### Lunch – 12:00pm

Cream of Broccoli Soup, Chicken Caesar Salad, Garlic Toast, Chocolate Pudding

#### Dinner – 5:00pm

Shepherd's Pie with Brown Gravy, Turnips, Vanilla Cake/Icing

### Tuesday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, 14-Grain Toast, Poached/Scrambled Eggs, Mandarin Oranges

#### Lunch – 12:00pm

Navy Bean & Tomato Soup, Fish Sticks with Tartar Sauce, French Fries, Garden Mixed Vegetable, Tropical Fruit Salad

Alternate: Chicken Nuggets

#### Dinner – 5:00pm

Sweet & Sour Pork, Fried Rice, Oriental Vegetable, Cranberry Square

### Wednesday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Raisin Toast, Boiled/Scrambled Eggs, Orange Slices

#### Lunch – 12:00pm

Split Soup, Vegetarian Chili, Cheese Biscuit, Carrots, Grape Jello/Whip

#### Dinner – 5:00pm

Swedish Meatballs, Oven Roasted Sweet Potatoes, 4-Way Mixed Vegetables, Applesauce with Cinnamon

### Thursday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Pancakes, Bacon/Yogurt, Diced Peaches

#### Lunch – 12:00pm

Tomato Rice Soup, Assorted Sandwiches on Whole Wheat, Greek Salad, Apricots

#### Dinner – 5:00pm

Chicken in Basil Cream, Broad Noodles, Italian Mixed Vegetables, Rice Raisin Pudding

### Friday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Whole Wheat Toast, Scrambled Eggs, Fruit Cocktail

#### Lunch – 12:00pm

Lentil Vegetable Soup, Perogie Casserole, Beets, Banana

#### Dinner – 5:00pm

Meatloaf/Gravy, Parsley Boiled Potatoes, Peas, Canteloupe

### Saturday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Cottage Cheese, Pears

#### Lunch – 12:00pm

Chicken Noodle Vegetable Soup, All Beef Hot Dogs, Sautéed Onions, Baked Beans, Blueberry Cobbler

#### Dinner – 5:00pm

Oven Baked Pollock, Rice Pilaf, Wax Beans, Four Mix Vegetables, Tropical Fruit Salad  
Alternate: Turkey Cutlet

### Sunday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Whole Wheat Toast, Fried/Scrambled Egg, Tomato Slices

#### Lunch – 12:00pm

Minestrone Soup, Chicken Burger, Shredded Lettuce, Macaroni Salad, Strawberries

#### Dinner – 5:00pm

Baked Ham, Scalloped Potato, Broccoli, Pumpkin Pie/Whip  
Alternate: Veal Cutlet

## Week Five

### Monday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Raisin Toast, Yogurt, Diced Pears

#### Lunch – 12:00pm

Cream of Mushroom Soup, Cabbage Rolls, Peas, Butterscotch Pudding

#### Dinner – 5:00pm

Salisbury Steak/Fried Onions/Gravy, Parsley Boiled Potato, Squash, Banana

### Tuesday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Whole Wheat Toast, Boiled Eggs, Orange Slices

#### Lunch – 12:00pm

Navy Bean Soup, Fish Burger/Lettuce/Tomato, Savory Potato Wedges, Tropical Fruit Salad

Alternate Chicken Burger

#### Dinner – 5:00pm

Adobo Chicken Breast, Basmati Rice, Green Beans, Stewed Strawberry/Rhubarb

### Wednesday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Whole Wheat Toast, Cottage Cheese, Strawberries

#### Lunch – 12:00pm

Country Carrot Soup, Broccoli & Cheddar Quiche, Pick of the Day Vegetables, Pineapple Upsidedown Cake

#### Dinner – 5:00pm

Pork Bolognese, Prince Edward Blend Vegetables, Blueberry Tart  
Alternate: Veal Cutlet

### Thursday

#### Breakfast – 8:00am

Cream of Wheat/Cold Cereal, Whole Wheat Toast, Cheddar Cheese Slice, Fruit Cocktail

#### Lunch – 12:00pm

Cream of Potato Soup, Shaved Corned Beef Sandwich on Rye, Greek Salad, Pickles, Jell-o Whip

#### Dinner – 5:00pm

Cheeseburgers with Lettuce and Tomato, Poutine, Coleslaw, Pears

### Friday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Rye Toast, Scrambled Eggs, Sliced Apples

#### Lunch – 12:00pm

Tomato Vegetable Soup, Chicken Fingers, Potato Salad, Sliced Tomatoes, Yogurt with Diced Peaches/Pears

#### Dinner – 5:00pm

English Battered Cod, Lemon Pepper Pasta, Broccoli with Garlic, Carrot Cake/Cream Cheese Icing

Alternate: Chicken Breast

### Saturday

#### Breakfast – 8:00am

Cream of Wheat/Cold cereal, 14 Grain Toast, Fried/Scrambled Eggs, Banana

#### Lunch – 12:00pm

Chicken Vegetable Rice Soup, Shaved Ham Sandwich on Whole Wheat, Chickpea Salad, Applesauce with Cinnamon

Alternate: Cheese Sandwich

#### Dinner – 5:00pm

Autumn Beef Stew, Tea Biscuits, Carrot Coins, Pineapple

### Sunday

#### Breakfast – 8:00am

Oatmeal/Cold Cereal, Pancakes, Bacon/Yogurt, Diced Peaches

#### Lunch – 12:00pm

Red Lentil Soup, Macaroni & Cheese, Stewed Tomatoes, Mandarin Oranges

#### Dinner – 5:00pm

Roast Turkey, Dressing, Cranberry/Gravy, Whipped Potato, Brussell Sprouts, Banana Cream Pie