

Luther Tower

Date: September 24 - 30, 2017

	September 24	September 25	September 26	September 27	September 28	September 29	September 30
Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUICE or SOUP	<div style="border: 1px solid black; padding: 10px; text-align: center;"> Sunday Brunch is from 11:00 am to 2:00pm </div>	Juice or Beef Lentil Soup	Juice or Garden Vegetable Soup	Buffet Night Borscht & Wonton Soup	Juice or Minestrone	Juice or Lemon Chicken Rice Soup	Juice or Golden Mushroom Soup
SALAD		Tossed Salad or Tomato and Onion Salad	Greek Salad or Cucumber Salad	Salad Bar	Fruit Salad or Waldorf Salad	Garden Salad or Coleslaw	Fruit Salad or Carrot and Raisin Salad
ENTRÉE		Baked Ham with Brown Sugar Pineapple Glaze or ♥ Hot Dog	Teriyaki Glazed Pork loin or Smiley's Fried Chicken	Chinese Food Pizza and 4 to 5 other Hot Food Selections (Chef's Choice)	♥ Lasagna or Turkey Pot Pie	♥ Ginger Chicken on a bed of Basmati Rice or Salisbury Steak	Beef Roast or ♥ Baked Salmon and Dill
POTATO		Scalloped Potatoes OR French Fries	Potato Wedges OR Rice Pilaf	Chef's Choice	Garlic Toast OR Pita Chips and Hummus(Garlic Chick Peas)	Mashed Potatoes OR Egg Roll and Plum Sauce	Baked Potatoes with Sour Cream, Chives and Bacon Bits OR White Rice
VEGETABLE		Sweet and Sour Cabbage or Seasoned Spinach	Brussel Sprouts or Honey Glazed Carrots	Chef's Choice	Mashed Turnips or Asparagus	Baked Acorn Squash or Peas and Pearl Onions	Roasted Vegetables OR Broccoli
DESSERT		Butterscotch Pudding	Butter Tarts	Baker's Choice	Jello	Black Forest Cake	Strawberry Shortcake
			Reduced Sugar or Celiac	Reduced Sugar or Celiac	Reduced Sugar or Celiac	Reduced Sugar or Celiac	Reduced Sugar or Celiac

Complete SS WK#4