Sunflower Terrace Lunch Menu
October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to change due to availability.		***9/29*** *Aloha Chicken* *Confettie Rice* *Herb Green Beans* *Dinner Roll* *Carrot Cake*	***9/30*** *Open Faced-Pork loin sandwich w/ Gravy* *Mashed potatoes* *Peas/onions* *Baked Pears*	***1*** *Meatloaf w/gravy* *Sweet Potatoes* *Cauliflower/Hot Roll* *Strawberry-Pretzel Dessert*	***2*** *Tuna Noodle Cass.* *Marinated tomatoes & onions* *Dinner roll* *Lemon Bar*	***3*** *Beef Tips w/gravy* *Egg noodles* *Zucchini* *Roll* *Black Forest Cake*
4 *Breaded Pork Chop* *Potato Casserole* *Brussel Sprouts* *Dinner Roll* *Iced Banana Bar*	***5*** *Chicken Florentine* *Penne Pasta* *Parslied Carrots* *Hot Roll* *Cheesecake*	***6*** *Honey Baked Ham* *Sweet Potato Wedges* *Creamed Corn* *Dinner Roll* *Cherry Crisp*	***7*** ***Chef's Choice***	***8*** *Chicken & Dumplins* *Tossed salad w/ Dressing* *Mandarin Orange-Cake*	***9*** *Fish of the day* *Wild Rice Blend* *Green Peas* *Dinner Roll* *Rocky Road Brownie*	***10*** *Tomato Pot Roast* *Baked Potato w/ Sour cream* *Broccoli/dinner roll* *Angel Food Cake*
11 *Cheese Ravioli w/ Alfredo sauce* *Ceasar salad* *Garlic breadstick* *Strawberry Shortcake*	***12*** *Roasted Turkey* *Cranberry sauce* *Sweet potato cass.* *Broccoli & caulifl.* *Pumpkin pie*	***13*** *Baked Fish* *Creamy rice* *Sugar snap peas* *Dinner roll* *Blondie bar*	***14*** *Salisbury Steak w/ Mushroom gravy* *Mashed potatoes* *Mixed veggie* *Dinner roll* *Bread pudding*	***15*** *Fried chicken* *Au gratin potatoes* *Collard greens* *Dinner roll* *Peach cobbler*	***16*** *Goulash* *Buttered noodles* *Pickled beets/onions* *Hot roll* *Rice Dessert Bar*	***17*** *Country Ribs* *Cream corn cass.* *Green beans* *Biscuit* *Chocolate cake*
18 *Roast Beef w/gravy* *Roasted red potatoes* *Broccoli* *Dinner roll* *Blueberry cheesecake*	***19*** *Ranch Baked Chicken* *Baked sweet potato* *Creamed spinach* *Hot roll* *Ice cream*	***20*** *Spaghetti/Meatballs* *Green beans* *Garlic bread* *Apple Brown Betty*	***21*** *Turkey ala King— over Biscuit* *Beet salad* *Lemon cake*	***22*** *Pork/Veggie Stir-fry* *Fried noodles* *Mini egg rolls* *Orange Pineapple— ambrosia*	***23*** *Oven Fried Fish* *Lemon Rice Pilaf* *Zuchinni/squash* *Hot roll* *Caramel Poke Cake*	***24*** *Veggie Lasagna* *Tossed salad w/ dressing* *Breadstick* *Chocolate Crm Pie*
25 *Cranberry Turkey* *Cornbread dressing* *Mixed veggies* *Dinner roll* *Apple Crisp*	***26*** *Cheese Ravioli w/ marinara sauce* *House salad w/ Dressing* *Tapioca pudding*	***27*** *Aloha Chicken* *Confettie Rice* *Herb Green Beans* *Dinner Roll* *Carrot Cake*	***28*** *Open Faced-Pork loin sandwich w/ Gravy* *Mashed potatoes* *Peas/onions* *Baked Pears*	***29*** *Meatloaf w/gravy* *Sweet Potatoes* *Cauliflower/Hot Roll* *Strawberry-Pretzel Dessert*	***30*** *Tuna Noodle Cass.* *Marinated tomatoes & onions* *Dinner roll* *Lemon Bar*	***31*** *Beef Tips w/gravy* *Egg noodles* *Zucchini* *Roll* *Black Forest Cake*

Sunflower Terrace Supper Menu
October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to change due to availability		***9/29*** *Cream Carrot Soup* *Roast beef sandwich* *Pickle spear* *Beet salad* *Fruit fluff*	***9/30*** *Turkey Pot Pie* *Green salad w/ Dressing* *Pumpkin spice bar*	***1*** *Veggie Quesadilla* *Cilantro Lime Rice* *Corn/black beans* *Cookie*	***2*** *Country Ribs w/ Sauerkraut* *Seasoned potatoes* *Carrots/hot roll* *Coconut cream pie*	***3*** *Veggie Soup* *Salad w/chicken strip* *Dinner roll* *Fruit salad*
4 *Beef fried rice* *Cucumber salad* *Mini egg rolls* *Custard*	***5*** *Fish Sandwich* *French fries* *Calico coleslaw* *Snickerdoodle*	***6*** *Broccoli Soup* *Beet, apple and Turkey salad* *Dinner roll* *Chocolate cake*	***7*** *BBQ Beef* *Mac & Cheese* *Green/gold beans* *Cornbread muffin* *Ice cream sundae*	***8*** *Swedish Meatballs* *Mashed potatoes* *Red cabbage* *Dinner roll* *PB Mousse*	***9*** *Beef Noodle Soup* *Egg Salad Sandwich* *Marinated veggie salad* *Fruited Jell-O*	***10*** *Cilantro Lime Chicken* *Black beans and Rice* *Sauteed zucchini/squash* *Dinner roll* *Churros*
11 *Apple Pork Loin* *Stuffing* *Seasoned carrots* *Dinner roll* *Carnival cookies*	***12*** *Sloppy Joe on bun* *Pickle spear* *Tator tots* *Fruit salad*	***13*** *Bean w/bacon soup* *Chicken salad (cold plate)* *Veggie Pasta Salad* *Dinner roll* *Marble Cake*	***14*** *Pizza* *Chopped Green Salad* *Gelatin w/whipped topping*	***15*** *Cream Tomato Soup* *Herbed Grilled-Cheese Sandwich* *Ambrosia Salad* *Sherbet*	***16*** *Fried fish and Chips* *Creamy Coleslaw* *Pudding parfait*	***17*** *Turkey Reuben-Sandwich* *Potato Wedges* *Seasonal Fruit*
18 *Veggie Quiche* *Marinated Tomatoes* *Fruit cup* *Dinner roll* *Oatmeal Raisin Cookie*	***19*** *Cauliflower Soup* *Ham/Cheese Sandwich* *Potato Salad* *Angel Food Cake*	***20*** *Tuna Melt* *Pickle Spear* *Tater Tots* *Custard*	***21*** *Pepper Steak* *Mushroom Rice* *Carrots* *Dinner Roll* *Cream Puff Dessert*	***22*** *Chicken Tenders* *French fries* *Confetti coleslaw* *Brownie*	***23*** *Beef Chili* *Baked Potato* *Cornbread muffin* *Creamy Gelatin w/ Whipped topping*	***24*** *Honey Mustard-Baked Pork Chop* *Whipped potatoes* *Brussels/Roll* *Spiced Peaches*
25 *Baked Whitefish w/ dill and lemon* *Rice Pilaf* *Broccoli/dinner roll* *Sherbet w/fruit*	***26*** *Ham & Beans* *Fried Potatoes* *Spinach* *Dinner roll* *Cookie Bar*	***27*** *Cream Carrot Soup* *Roast beef sandwich* *Pickle spear* *Beet salad* *Fruit fluff*	***28*** *Turkey Pot Pie* *Green salad w/ Dressing* *Pumpkin spice bar*	***29*** *Veggie Quesadilla* *Cilantro Lime Rice* *Corn/black beans* *Cookie*	***30*** *Country Ribs w/ Sauerkraut* *Seasoned potatoes* *Carrots/hot roll* *Coconut cream pie*	***31*** *Veggie Soup* *Salad w/chicken strip* *Dinner roll* *Fruit salad*