



# BON APPÉTIT

## FROM THE BRIGHTSTAR BISTRO

Fresh, healthy, chef-prepared homestyle meals for the week of: **October 5 - 11**



	MONDAY October 5	TUESDAY October 6	WEDNESDAY October 7	THURSDAY October 8	FRIDAY October 9	SATURDAY October 10	SUNDAY October 11
<b>BREAKFAST</b>	Breakfast each day includes assorted fruit & juice*, hot and cold cereal, breakfast parfaits <sup>&gt;</sup> and eggs coked to order**						
	French Toast	Bacon and Eggs	Blueberry Pancakes	Baked Oatmeal	Beef Brisket Hash	Orange Muffins Scrambled Eggs	Sausage and Eggs
<b>LUNCH</b>	Fresh Baked Bread served daily during Lunch						
	Tomato Salad	Cucumber Salad	Mixed Green Salad	Cottage Cheese	Cole Slaw	Kidney Bean Salad	Coconut Fruit Salad
	Pot Roast Horseradish Mashed Potatoes Asparagus	Teriyaki Chicken Coconut Rice Stirfry Veggies	Spaghetti with Meat Sauce Roasted Butternut Squash	Fried Chicken Buttermilk Mashed Potatoes Creamed Corn	Fried Shrimp Roasted Potatoes Glazed Baby Carrots	Pit Ham Sweet Potatoes Harvard Beets	Corned Beef and Cabbage Boiled Potatoes
Pear Crumble	Butterscotch Pudding	Chocolate Chocolate Cake	Bread Pudding	Fruit Jello	Lemon Cake	Chocolate Mousse	
<b>SUPPER</b>	Chili	Broccoli Cheddar Soup	Pumpkin Soup	Tomato Soup	Cream of Celery Soup	Corn Chowder	Chicken Soup
	Hot Dogs	Tuna Melt Chips	Turkey Tetrazinni Egg Noodles	Grilled Ham and Cheese Carrot and Celery Sticks	Hamburgers French Fries	Ham Balls Calico Beans	Turkey Cheddar Sandwiches
	Root Beer Floats	Banana Cake	Cherry Turnovers	Brownie Sundaes	Ice Cream Sandwiches	Spice Cake	Apple Pie

**Extended Menu**  
(available at lunch & supper meals) Includes:

- Simply Satisfying
- Home Inspired Favorites
- Fit and Healthy
- Chef's Choice

### SYMBOL KEY

\* Foods high in sugar or fat may not be appropriate for diabetics.

^ Canned or prepared foods are often high in sodium. May not be appropriate for a low sodium diet.

~ Vegetable is high in starch/carbohydrates

> Lower in fat

\*\* We serve eggs cooked to order. Please note that consuming raw or undercooked beef, eggs, pork, seafood or shellfish may increase your risk for food borne illness