

## Menu at the Pointe

### Lunch

#### *Sunday (9/27)*

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#### **Meatloaf**

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#### **Sides**

Au Gratin Potatoes  
Deviled Eggs  
Sauteed Brussel Sprouts

#### *Monday (9/28)*

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#### **Beef and Broccoli**

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#### **Sides**

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Steamed Rice  
Asian Blend  
Vegetables

#### *Tuesday (9/29)*

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#### **Chicken Parmesan**

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#### **Sides**

Buttered Egg  
Noodles  
Candied Carrots

#### *Meal of the Month Wednesday (9/30)*

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#### **Pizza**

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#### **Sides**

Cole Slaw  
Chocolate Chip  
Cookies

### Dinner

#### **Chicken Pot Pie**

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#### **Sides**

Buttered Corn

Soup of the Day  
Chef's Choice

#### **Cheese Stuffed Shells w/ Meat Sauce**

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#### **Sides**

Tossed Salad w/ Choice  
of Dressing

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**Soup of the Day**

#### **Chipped Beef on Toasted Bread**

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#### **Sides**

Mixed Vegetables  
Roasted Red  
Potatoes

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Soup of the Day  
Chef's Choice

#### **Fish Filet Sandwich**

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#### **Sides**

Tuscan Roasted  
Potatoes  
Beets & Onion Salad

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Soup of the Day  
Chef's Choice

**Lunch**

**Thursday (10/1)**

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**Garlic Herb Pork Tenderloin**

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**Sides**

*Homemade Mashed Potatoes*

*Sweet Peas*

**Friday (10/2)**

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**Smothered Chicken**

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**Sides**

*Steamed Jasmine Rice*

*Roasted Asparagus*

**Saturday (10/3)**

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**Homemade Italian Meatballs**

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**Sides**

*Garlic Butter Pasta*

*Baked Parmesan Cauliflower*

**Dinner**

**Tater Tot Casserole**

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**Sides**

*Garden Salad w/ Choice of*

*Dressing*

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**Soup of the Day**

***Chef's Choice***

**Patty Melt on Rye Bread**

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**Sides**

*Potato Chips*

*Fruit Cup*

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**Soup of the Day**

***Chef's Choice***

**Quiche Lorraine**

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**Sides**

*French Onion Soup*

*Macaroni Salad*

*Dinner Rol*

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**Soup of the Day**

***Chef's Choice***

Foods with high salt content 

Heart Healthy 

Menu subject to change