GONZALES HEALTHCARE SYSTEMS
Feel the Difference

Toni's Kitchen

	Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov
Breakfast Special	**Cinnamon Roll**	**Burritos**	**Pancakes**	**Cheese & Veggie Omelet**	**Fried Eggs**
Lunch Special	**Mexi- Plate**	**Alfredo Pasta**	**Taste of Fall Salad**	**PayDay : Burgers**	**Caldo de Res**
	2 Enchiladas, your choice of Beef or Chicken 1 crispy Taco. Served with a side of Spanish rice, Borracho beans, pico,avocado dip and chips	Grilled Chicken on a bed of buttered noodles, topped with a creamy cheesy alfredo sauce. Served with a side of grilled asparagus and a garlic roll	Fresh lettuce leaf mix topped with sliced grilled Chicken, candied pecans, grated parmesan cheese, fresh pear slices and drizzled with balsamic Dijon dressing	Your choice of Beef or Fried Chicken breast patty. Served with bacon, cheese, lettuce, tomatoes, red onions, pickles, and French Fries	Beef Vegetable soup with cabbage, potatoes , carrots, celery, onions, corn. Served with spanish rice and corn bread
	$12.99	$12.99	$12.99	$12.99	$12.99
Entrées	**Grilled Chicken and veggies**	**Beef Tips in brown gravy**	**Pork Tenderloin**	**Grilled Season Lemon pepper Fish Fillet**	**Meatloaf with tomato sauce**
Vegetables	**Broccoli with Cheese**	**Roasted Brussel Sprouts**	**Okra & Tomatoes**	**Roasted Asparagus**	**Cheesy Cauliflower**
	Roasted Carrots	**Spinach Season**	**Prince Charles Blend**	**Squash Medley**	**California Blend**
Starches	**Buttered Noodles**	**Corn on Cob**	**Brown Rice**	Mac& Cheese	**Grilled sweet potatoes**
	Baked Sweet Potatoes	**Mashed Potatoes**	**Roasted Red Potatoes**	**Baked Potatoes**	**Fried Okra**
Grab & Go	**Chef Crunch Salad**	**Pimento Cheese Sandwich**	**Tuna Fish Sandwich**	**Ham & Cheese Sandwich**	**Protein Balls**
Soup			**Tortellini Soup**		
Dessert	**Snickers Parfait**	**Home made cookies**	**Apple Fritters**	**Big Red Cake**	**Peach Cobbler**