



ELITE CARE

# Oatfield Estates ALT September Menu - 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>BREAKFAST MADE TO ORDER EVERY MORNING</b>	<b>1</b> Lunch: BBQ Tofu w/ Baked Beans & Coleslaw  Dinner: Fresh Baked Veggie Calzones w/ Garden Salad	<b>2</b> Lunch: Veggie Tacos w/ Refried Beans & Pineapple Salad  Dinner: Egg Salad Sandwich w/ Chips & Green Salad	<b>3</b> Lunch: Roasted Tofu w/ Green Beans & Mashed Potatoes  Dinner: Mushroom Swiss Garden Burger w/ Watermelon & Chips	<b>4</b> Lunch: Egg Salad on a Croissant w/ Chips & Pea Salad  Dinner: Spaghetti w/ Red Sauce, Texas Toast & Green Salad	<b>5</b> Lunch: Garden Burger w/ Tots & Coleslaw  Dinner: Veggie Tacos w/ Refried Beans & Pineapple Salad	<b>6</b> Lunch: Veggie Pasta Bake w/ Garlic Toast & Green Salad  Dinner: Chicken Salad on a Croissant w/ Broccoli Salad	
	<b>7</b> Lunch: Roasted Tofu w/ Roasted Sweet Potatoes, Cranberry Sauce & Veggies  Dinner: Egg Salad Sandwich w/ Cucumber & Tomato Salad	<b>8</b> Lunch: Veggie Burger w/ Chips & Fruit  Dinner: Tofu & Spinach Salad w/ Fresh Bread & Fruit	<b>9</b> Lunch: Veggie Baked Ziti w/ Fresh Zucchini & Garlic Toast  Dinner: Garden Burger w/ Coleslaw & Tots	<b>10</b> Lunch: Roasted Veggies over Pasta w/ Seasoned Carrots  Dinner: Tofu Philly Cheesesteak Sandwich w/ Tortellini Pasta Salad	<b>11</b> Lunch: Marinated Tofu w/ Steamed Rice & Seasoned Veggies  Dinner: Caprese Veggie Gnocchi Skillet w/ Green Salad	<b>12</b> Lunch: Roasted Tofu w/ Roasted Red Potatoes & Fresh Veggies  Dinner: Garden Burger w/ Potato Salad & Fresh Fruit	<b>13</b> Lunch: Veggie Pasta Bake w/ Garden Salad  Dinner: Assorted Veggie Pizza w/ Garden Salad
	<b>14</b> Lunch: Tofu Alfredo w/ Fresh Veggies  Dinner: Veggie Tater Tot Casserole w/ Green Beans	<b>15</b> Lunch: Roasted Tofu w/ Baked Potato & Fresh Veggies  Dinner: Baked Mac & Cheese w/ Steamed Veggies & Green Salad	<b>16</b> Lunch: Teriyaki Tofu w/ Lo Mein Noodles & Veggies  Dinner: Creamy Veggie Enchiladas w/ Spanish Rice & Green Salad	<b>17</b> Lunch: BBQ Tofu w/ Baked Beans, Coleslaw & Corn Bread  Dinner: Veggie Quiche w/ Fresh Fruit & Garden Salad	<b>18</b> Lunch: Egg Salad Sandwich w/ Chips & Fresh Fruit  Dinner: Pasta Shells w/ Garlic Toast & Garden Salad	<b>19</b> Lunch: Roasted Tofu w/ Rice Pilaf & Fresh Veggies  Dinner: Roasted Veggie Salad w/ Fresh Bread & Fruit	<b>20</b> Lunch: Veggie Taco Salad w/ Fresh Fruit  Dinner: Roasted Tofu Wraps w/ Pickled Beets & Cucumber Salad
	<b>21</b> Lunch: Butter Tofu w/ Steamed Rice & Veggies  Dinner: Italian Tortellini Pasta Salad w/ Fresh Bread & Fruit	<b>22</b> Lunch: Roasted Tofu w/ Peas, Mashed Potatoes & Gravy  Dinner: Tofu Sloppy Joes w/ Tater Tots & Fresh Fruit	<b>23</b> Lunch: Veggie Burrito Bowl w/ Chips & Salsa  Dinner: Tofu Pasta Salad w/ Fresh Bread & Fruit	<b>24</b> Lunch: Grilled Tofu & Peppers w/ Steamed Rice & Green Beans  Dinner: Asian Marinated Tofu over Steamed Rice w/ Stir Fried Veggies	<b>25</b> Lunch: Tofu Scampi over Pasta w/ Green Salad  Dinner: BBQ Tofu Salad w/ Corn & Fresh Bread	<b>26</b> Lunch: Roasted Tofu w/ Mashed Potatoes & Fresh Veggies  Dinner: Veggie Tamale Pie w/ Green Salad & Fresh Pineapple	<b>27</b> Lunch: Roasted Tofu w/ Mashed Potatoes & Seasoned Corn  Dinner: Assorted Veggie Pizza w/ Garden Salad
	<b>28</b> Lunch: Garden Burger w/ Mashed Potatoes & Fresh Veggies  Dinner: Egg Salad Sandwich w/ Potato Salad & Fruit	<b>29</b> Lunch: Ravioli w/ Garlic Toast & Garden Salad  Dinner: Veggie & Cheese Sub w/ Chips & Fresh Fruit	<b>30</b> Lunch: Veggie Shepard's Pie w/ Garden Salad  Dinner: Garden Burger w/ Coleslaw & Tater Tots				