**Date Range:** November 2026 – April 2027 **Menu Name:** Ohio Fall/Winter 2026

OPTALIS® HEALTH & REHABILITATION
*Grounded in Purpose, Guided by Principle*

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **BREAKFAST** | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs<br>* Sliced Bacon<br>* Cinnamon Rolls<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Sausage Link or Patty<br>* Pancakes<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Breakfast SW<br>* Hashbrowns<br>Margarine Pat<br>* Jelly Packet<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* French Toast<br>* Sliced Bacon<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs w/Chz<br>* Donut<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Biscuit/Sausage Gravy<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Cheese Omelet<br>* Danish<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice |
| **LUNCH** | * Broccoli Cheese Soup<br>* Cracker Packet<br>* Turkey and Swiss on Wheat<br>* Tomato Slices with lettuce<br>* Beet Salad<br>* Assorted Cookies<br>* Mayonnaise Packet<br>* Mustard Packet<br>* Beverage of Choice | * Cheese Pizza<br>* Basic Mixed Green Salad<br>* Italian Dressing<br>* Tropical Fruit<br>* Beverage of Choice | * Philly Steak Sand<br>* Sweet Potato Fries<br>* Mayonnaise Packet<br>* Mustard Packet<br>* Sliced Peaches<br>* Ice Cream<br>* Beverage of Choice | * Country Ham & Beans<br>* Basic Mixed Green Salad<br>* Ranch Dressing<br>* Cornbread<br>* Margarine Pat<br>* Chilled Blushing Pears<br>* Beverage of Choice | * Breaded Fish Fillets<br>* Hushpuppies<br>* Parslied Baby Carrots<br>* Pineapple<br>* Beverage of Choice | * Baked Ham<br>* Scalloped Potatoes<br>* California Blend<br>* Fruit Crisp<br>* Beverage of Choice | * Baked Rosemary Chicken<br>* Bread Dressing<br>* Gravy<br>* Key Largo Vegetables<br>* Boston Cream Pie<br>* Beverage of Choice |
| **DINNER** | * Baked Lemon Chicken<br>* Baked Potato<br>* Butter/Sour cream<br>* Mixed Vegetables<br>* Mixed Fruit<br>* Beverage of Choice | * Italian Sausage<br>* Herb Roasted Potatoes<br>* Caribbean Blend Vegetable<br>* Caramel Bread Pudding<br>* Beverage of Choice | * Chicken Fett Alfredo<br>* Peas<br>* Bread Stick<br>* Cheesecake<br>* Beverage of Choice | * BBQ Ribs<br>* Corn on the Cob<br>* Coleslaw<br>* Apple Cobbler<br>* Beverage of Choice | * Grilled Chicken Sandwich<br>* Tomato Slices with lettuce<br>* O'Brien Potatoes<br>* Italian Blend Vegetable<br>* Mayonnaise Packet<br>* Mustard Packet<br>* Pudding Parfait<br>* Beverage of Choice | * Chili Beef Soup<br>* Corn Muffin<br>* Margarine Pat<br>* Fruit/Cott Chz<br>* Frosted Cake<br>* Beverage of Choice | * Spaghetti w/ Meat Sauce<br>* Pacific Blend Vegetable<br>* Garlic Bread<br>* Blueberry Pie<br>* Beverage of Choice |

* House item

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| | Monday | Tuesday- | Wednesday- | Thursday – | Friday – | Saturday – | Sunday |
|---|---|---|---|---|---|---|---|
| BREAKFAST | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs<br>* Sliced Bacon<br>* Assorted Muffins<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Pancakes<br>* Sausage Links or Patty<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Breakfast SW<br>* Hashbrowns<br>* Margarine Pat<br>* Jelly Packet<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* French Toast<br>* Sliced Bacon<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs w/Chz<br>* Donut<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Biscuit/Sausage Gravy<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Omelet<br>* Danish<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice |
| LUNCH | * Salisbury Steak<br>* Mashed Potatoes<br>* Seasoned Carrots<br>* Chilled Blushing Pears<br>* Beverage of Choice | * Chicken & Dumplings<br>* Broccoli<br>* Sliced Peaches<br>* Beverage of Choice | * Navy Bean Soup<br>* Cracker Packet<br>* Ham Salad Sandwich<br>* Tomato Slices with lettuce<br>* Fresh Fruit Salad<br>* Oatmeal Cookies<br>* Beverage of Choice | * Shepard's Pie<br>* Italian Blend<br>* Chocolate Tart<br>* Beverage of Choice | * Beef Stew<br>* Biscuits<br>* Corn<br>* Apple Cobbler<br>* Beverage of Choice | * Corn Chowder<br>* Ranch Turkey Burgers<br>* Tomato Slices with lettuce<br>* Chips<br>* Diced Dragon Fruit<br>* Beverage of Choice | * Beef Pot Roast<br>* Baby Baked Potato<br>* Baby Carrots<br>* Sour Cream<br>* Margarine Cup<br>* Pound Cake w/ Strawberries<br>* Beverage of Choice |
| DINNER | * Bratwurst<br>* Cheese Potatoes<br>* Sauerkraut<br>* Dinner Roll<br>* Margarine Pat<br>* Chocolate Brownie<br>* Beverage of Choice | * Crab Cake<br>* Rice Pilaf<br>* Prince William Blend Vegetable<br>* Lemon Cream Pie<br>* Tartar Sauce<br>* Beverage of Choice | * Country Fried Steak<br>* Cream Gravy<br>* Macaroni and Cheese<br>* Mixed Vegetables<br>* Corn Bread<br>* Margarine Pat<br>* Fruit Pie<br>* Beverage of Choice | * Baked Chicken<br>* Oven Brown Potatoes<br>* California Blend<br>*Tropical Fruit<br>* Beverage of Choice | * Roast Pork<br>* Pork Gravy<br>* Mashed Sweet Potatoes<br>* Green Beans<br>* Pumpkin Pie<br>* Beverage of Choice | * Baked Ziti w/ Meat Sauce<br>* Basic Mixed Green Salad<br>* Italian Dressing<br>* Garlic Bread<br>* Chocolate Cream Pie<br>* Beverage of Choice | * Chicken Tenders<br>* BBQ Sauce<br>* Potato Salad<br>* Winter Blend Veggies<br>* Assorted Cookies<br>* Beverage of Choice |

* House item

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| | Monday – | Tuesday- | Wednesday- | Thursday- | Friday- | Saturday- | Sunday |
|---|---|---|---|---|---|---|---|
| **BREAKFAST** | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs<br>* Sliced Bacon<br>* Coffee Cake<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Pancakes<br>* Sausage Links or Patty<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Breakfast SW<br>* Hashbrowns<br>* Margarine Pat<br>* Jelly Packet<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* French Toast<br>* Sliced Bacon<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs w/Chz<br>* Donut<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Biscuit/Sausage Gravy<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Omelet<br>* Danish<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice |
| **LUNCH** | * Chicken Pot Pie<br>* Italian Blend Vegetable<br>* Oreo Delight<br>* Beverage of Choice | * Beef & Noodles<br>* Key Largo Vegetables<br>* Emerald Pears<br>* Beverage of Choice | * Fish Sandwich<br>* Tartar Sauce<br>* Curly Fries<br>* Coleslaw<br>* Lemon Bars<br>* Beverage of Choice | * Roast Turkey<br>* Roasted Sweet Potatoes & Root Vegetables<br>* Green Bean Casserole<br>* Pumpkin Pie<br>* Beverage of Choice | * Potato Soup<br>* Pulled Pork Sandwich<br>* BBQ Sauce<br>* Seasoned Carrots<br>* Caramel Apple Bar<br>* Beverage of Choice | * Hamburger Deluxe / Bun<br>* Ketchup Packet<br>* Mustard Packet<br>* Mayonnaise Packet<br>* Baked Beans<br>* Chilled Peaches<br>* Chocolate Chip Cookie Bar<br>* Beverage of Choice | * Oven Fried Chicken<br>* Baked Potato<br>* Margarine Pat<br>* Sour Cream Packet<br>* Steamed Seasonal Vegetables<br>* Peanut Butter Brownie<br>* Beverage of Choice |
| **DINNER** | * Cream of Tomato Soup<br>* Cracker Packet<br>* Grilled Cheese Sw<br>* Corn Chips<br>* Apple Brown Betty<br>* Beverage of Choice | * Baked Ham<br>* Scalloped Potatoes<br>* Carrots<br>* Pineapple Upside Down Cake<br>* Beverage of Choice | * Vegetable Soup<br>* Cracker Packet<br>* Egg Salad on Croissant<br>* Tomato Slices with lettuce<br>* Vegetable Tortellini Salad<br>* Assorted Cookies<br>* Beverage of Choice | * Swedish Meatballs<br>* Noodles<br>* Scandinavian Blend Vegetable<br>* Angel Food Cake w/Strw<br>* Beverage of Choice | * Chicken & Waffles<br>* Syrup<br>* Broccoli<br>* Tropical Fruit<br>* Beverage of Choice | * Beef Ravioli in Marinara<br>* Basic Mixed Green Salad<br>* Italian Dressing<br>* Bread Stick<br>* Ice Cream<br>* Beverage of Choice | * Chili Dog on Bun<br>* Tator Tots<br>* Coleslaw<br>* Assorted Cake<br>* Beverage of Choice |

* House item

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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **BREAKFAST** | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs<br><br>* Sliced Bacon<br>* Cinnamon Rolls<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Pancakes<br><br>* Sausage Links<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Breakfast SW<br><br>* Hashbrowns<br>* Wheat Toast<br>* Margarine Pat<br>* Jelly Packet<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* French Toast<br><br>* Sliced Bacon<br>* Margarine Pat<br>* Syrup<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Scrambled Eggs w/Chz<br>* Donut<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Cold cereal<br>* Biscuit/Sausage Gravy<br>* 2%, Milk, 8 oz<br>* Beverage of Choice | * Orange Jc, 4 oz<br>* Hot Cereal<br>* Cheese Omelet<br><br>* Danish<br>* Margarine Pat<br>* 2%, Milk, 8 oz<br>* Beverage of Choice |
| **LUNCH** | * Pulled Pork SW<br>* Au Gratin Potatoes<br>* Succotash<br>* Peach Pie<br>* Beverage of Choice | * Beef Taco<br>* Black Beans & Corn<br>* Shredded Lettuce/Pico<br>* Sour Cream Packet<br>* Strawberry Gelatin Cake | * Resident/Manager Choice<br>* Beverage of Choice | * Lasagna<br>* Italian Green Beans<br>* Garlic Bread<br>* Marble Cake<br>* Beverage of Choice | * Minestrone Soup<br>* Cracker Packet<br>* Chicken Salad Sand<br>* Tomato Slices with lettuce<br>* Potato Salad<br>* Sliced Peaches<br>* Beverage of Choice | * Cheeseburger on Bun<br>* Tomato Slices with lettuce<br>* Ketchup Packet<br>* Mayonnaise Packet<br>* Mustard Packet<br>* Baked Beans<br>* Canned Fruit of the day<br>* Chocolate Chip Bar<br>* Beverage of Choice | * Roast Pork<br>* Pork Gravy<br>* Mashed Sweet Potatoes<br>* Basic Mixed Green Salad<br>* Ranch Dressing<br>* Cheddar Corn Bread<br>* Margarine Pat<br>* Carrot Cake w/Icing<br>* Beverage of Choice |
| **DINNER** | * Open Face Hot Roast Beef SW<br>* Mashed Potato<br>* Beef Gravy<br>* Cauliflower<br>* Sliced Pears<br>* Beverage of Choice | * BBQ Chicken<br>* O'Brien Potatoes<br>* Seasoned Carrots<br>* Apple Cobbler<br>* Beverage of Choice | * Meat Loaf<br>* Brown Gravy<br>* Mashed Potatoes<br>* Capri Blend<br>* Frosted Brownie<br>* Beverage of Choice | * Batter Fried Fish<br>* Macaroni and Cheese<br>* Broccoli<br>* Lemon Meringue Pie<br>* Beverage of Choice | * Pepper Steak<br>* Rice<br>* Oriental Vegetables<br>* Cinnamon Baked Apples<br>* Beverage of Choice | * Wing Dings<br>* Ranch Dressing<br>* Peas<br>* Blueberry Muffin<br>* Margarine Pat<br>* Gelatin Cubes<br>* Beverage of Choice | * Sloppy Joe on Bun<br>* Tator Tots<br>* Broccoli<br>* Tropical Fruit<br>* Beverage of Choice |

* House item