

For the weeks of:

October 5-11, 2026

November 16-22, 2026

December 28, 2026 - January 3, 2027

February 8-14, 2027

GLENWOOD, INC. MENU**Week 1**

Cycle: Fall/Winter 2026/2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Juice 4oz	Juice 4 oz	Juice 4 oz	Juice 4 oz	Juice 4oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Fruit 1 c	Fruit 1/2 c
Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Pancakes 2 ct	Breakfast Croissant 1 ct
Chicken Patty 1 ct	Overnight Oats 1/2 c	Scrambled Eggs 1/2 c	Breakfast Casserole 1/2 c	French Toast Sticks 3-4 ct	Bacon 2 sl	Fruit Smoothie 1 bottle
Biscuit 1 ct	Choc Zucchini Muffin 1 ct	Toast 2 sl	Grits 1/2 c	Sausage Links 2 ct		
Jelly 1 pk		Jelly 1 ct		Syrup 1 pk		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c
Hamburger Steak 3 oz	Sweet & Sour Chicken 3 oz	Pizza Burger 1 ct	Tomato Soup 8 oz	Pork Chop 3 oz	Corndog 1 ct	Lasagna 8 oz
Mashed Potatoes 1/2 c	Fried Rice 1 c	Curly Fries 1/2 c	Grilled Cheese 1 ct	Pinto Beans 1/2 c	Corn 1/2 c	Mixed Vegetables 1 c
Gravy 2 oz	Garlic Green Beans 1/2 c	Broccoli & Cheese 1/2 c	Romaine Salad 1 c	Collard Greens 1/2 c	Sweet Potato Tots 1/2 c	Garlic Bread 1 ct
Steamed Cabbage 1/2 c	Egg Roll 1 ct	Ketchup 2 pk	Italian Dressing 1 oz	Cornbread 1 sl		
WW Roll 1 ct						
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Alfredo 8 oz	Loaded Potato Soup 8 oz	Pepper Steak 3 oz	Lemon Pepper Chicken 1 ct	Crispitos 2 ct	Residence is responsible for dinner.	Residence is responsible for dinner.
Broccoli 1/2 c	Cheesy Breadsticks 2 ct	Rice 1/2 c	Roasted Potatoes 1/2 c	Refried Beans w Chz 1/2 c		
Breadstick 1 ct	Salad 1 c	Green Peas 1/2 c	Green Beans 1/2 c	Corn 1/2 c		
Dessert 1 ct	Dessert 1 ct	Dinner Roll 1 ct	Dinner Roll 1 ct	Dessert 1 ct		
		Dessert 1 ct	Dessert 1 ct			

For the weeks of:

October 12-18, 2026

November 23-29, 2026

January 4-10, 2027

February 15-21, 2027

GLENWOOD, INC. MENU**Week 2**

Cycle: Fall/Winter 2026/2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Juice 4oz	Juice 4 oz	Juice 4 oz	Juice 4oz	Juice 4oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Fruit 1 c	Fruit 1 c
Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Cereal 1 bowl	English Muffin 1 ct
Waffle Sticks 3 ct	Toast 2 ct	Pancake on a Stick 1 ct	Biscuit 1 ct	Banana Muffin 1 ct	Bacon 2 sl	Egg Patty 1 ct
Sausage Links 2 ct	Cheesy Egg Bites 1 ct	Yogurt 1/2 c	Smoked Sausage 2 oz	Cheese Grits 1/2 c		Sausage Patty 1 ct
Syrup 1 pk	Bacon 2 sl	Syrup 1 pk	Cheese 1 sl			Cheese 1 sl
	Jelly 1 pk		Jelly 1 pk			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c
Butter Chicken 3 oz	Pepperoni Calzone 1 ct	Salmon Burgers 1 ct	Meatloaf 3 oz	Mojo Chicken Tacos 2 ct	Cheeseburger 1 ct	Baked Italian Chicken 3 oz
Cauliflower Rice 1/2 c	Corn 1/2 c	Green Leaf Lettuce 2 sl	Squash Casserole 1/2 c	Mojo Slaw 1/2 c	Lettuce/Tomato 1/2 c	Roasted Potatoes 1/2 c
Honey Carrots 1/2 c	Steamed Broccoli 1/2 c	Sweet Potato Fries 1/2 c	Mashed Potatoes 1/2 c	Black Beans 1/2 c	Smiley Fries 1/2 c	Mixed Vegetables 1/2 c
Garlic Naan 1 ct		Roasted Veggies 1/2 c	WW Roll 1 ct	Tortilla Chips 1 bag		WW Roll 1 ct
		Mayo 1 pk		Salsa 2 oz		
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Breaded Chicken 1 ct	Chicken & Dumplings 8 oz	Stuffed Shells 8 oz	Chicken Fries 3-4 ct	Roast Beef/Gravy 3 oz	Residence is responsible for dinner.	Residence is responsible for dinner.
Bun 1 ct	Green Beans 1/2 c	Green Peas 1/2 c	Tater Tots 1/2 c	Mashed Potatoes 1/2 c		
Mac n Cheese 1/2 c	Dinner Roll 1 ct	Garlic Bread 1 ct	Dinner Roll 1 ct	Carrots 1/2 c		
Salad 1 ct	Dessert 1 ct	Dessert 1 ct	Dessert 1 ct	Dinner Roll 1 ct		
Dessert 1 ct				Dessert 1 ct		
Pickles 2 ct						

For the weeks of:

October 19-25, 2026

November 30 - December 6, 2026

January 11-17, 2027

February 22-28, 2027

GLENWOOD, INC. MENU**Week 3**

Cycle: Fall/Winter 2026/2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Juice 4oz	Juice 4 oz	Juice 4 oz	Juice 4 oz	Juice 4 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Fruit 1 c	Fruit 1/2 c
Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	French Toast 2 sl	Blueberry Muffin 1 ct
Breakfast Pizza 1 sl	Hashbrown Casserole 1 ct	Cinnamon Roll 1 ct	Biscuit 1 ct	Breakfast Burrito 1 ct	Bacon 2 sl	Fruit Smoothie 1 bottle
Yogurt 1 ct	Scrambled Eggs 1/2 c	Sausage Links 2 ct	Sausage Gravy 1/2 c	Grits 1/2 c		
	Toast 2 sl					
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c
Chicken Tenders 3 ct	Spaghetti 8 oz	Braised Chicken 3 oz	Blackened Fish 1 ct	Tuscan Bean Soup 8 oz	Chicken Nuggets 8 ct	Beef Stroganoff 8 oz
Hashbrown Casserole 1/2 c	Carrots 1/2 c	Dressing 1/2 c	Roasted Vegetables 1 c	Cheesy Bread Sticks 2 ct	French Fries 1/2 c	Green Peas 1/2 c
Lima Beans 1/2 c	Romaine Salad 1 c	Sweet Potato Casserole 1/2 c	Cheese Grits 1/2 c	Roasted Broccoli 1/2 c	Corn 1/2 c	Carrots 1/2 c
WW Roll 1 ct	Garlic Bread 1 ct	Green Beans 1/2 c	WW Roll 1 ct	Marinara 2 oz	WW Roll 1 ct	
BBQ Sauce 1 pk	Italian Dressing 1 oz					
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Taco Soup 8 oz	Smothered Pork Chop 1 ct	Hotdog 1 ct	Steak Fingers 3-4 ct	Chicken Casserole 8 oz	Residence is responsible for dinner.	Residence is responsible for dinner.
Chicken Quesadilla 1 ct	Mashed Potatoes 1/2 c	Chili 2 oz	Mac n Cheese 1/2 c	Salad 1 c		
Shredded Cheese 1 oz	Collard Greens 1/2 c	Cheese 1 oz	Creamed Corn 1/2 c	Breadstick 1 ct		
Dessert 1 ct	Dinner Roll 1 ct	Tater Tots 1/2 c	Dinner Roll 1 ct	Dessert 1 ct		
	Dessert 1 ct	Macaroni Salad 1/2 c	Dessert 1 ct			
		Dessert 1 ct				

For the weeks of:

October 26 - November 1, 2026

December 7-13, 2026

January 18-24, 2027

March 1-7, 2027

GLENWOOD, INC. MENU**Week 4**

Cycle: Fall/Winter 2026/2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Juice 4 oz	Juice 4 oz	Juice 4 oz	Juice 4oz	Juice 4 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Fruit 1 c	Fruit 1 c
Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	French Toast Sticks 3-4 ct	Cereal 1 bowl
Bacon 2 sl	Sausage Bites 3 ct	Waffles 2 ct	Scone 2 ct	English Muffin 2 sl	Scrambled Eggs 1/2 c	Smoked Sausage 2 oz
Egg Patty w/ Chz 1 ct	Hashbrowns 1/2 c	Chicken Patty 1 ct	Fruity Oatmeal 1/2 c	Scrambled Eggs 1/2 c		
Bagel 1 ct	Syrup 1 pk	Syrup 1 pk		Turkey Sausage 1 sl		
				Jelly 1 pk		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c
Buffalo Chicken Sliders 2 ct	Shepherd's Pie 8 oz	Fritos 1 bag	Vegetable Soup 8 oz	Baked Ziti 8 oz	Chicken Noodle Soup 8 oz	Breaded Pork Chop 1 ct
Onion Rings 5 ct	Broccoli Salad 1/2 c	Seasoned Beef 3 oz	Trky/Bcn/Swss Bagel 1 ct	Green Peas 1/2 c	Wow Butter Sandwich 1 ct	Mashed Potatoes 1/2 c
Salad 1 c	WW Roll 1 ct	Nacho Cheese 2 oz	Chips 1 bag	Carrots 1/2 c	Mixed Vegetables 1 c	Green Beans 1/2 c
Ranch 2 oz		Lettuce/Tomato 1/2 c	Mayo/Mustard 1 pk	Garlic Bread 1 ct		Cornbread 1 sl
		Refried Beans 1/2 c		Italian Dressing 1 pk		Gravy 1 oz
		Sour Cream 1 pk				
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Steak Fajitas 3 oz	Cheeseburger 1 ct	Chicken Tetrzini 8 oz	Baked Chicken 1 ct	Corndog Bites 4 ct	Residence is responsible for dinner.	Residence is responsible for dinner.
Onions & Peppers 1/2 c	Tater Tots 1 c	Green Peas 1/2 c	Gravy 2 oz	French Fries 1/2 c		
Queso 2 oz	Lettuce/Tomato 1/2 c	Breadstick 1 ct	Mashed Potatoes 1/2 c	Mac n Cheese 1/2 c		
Spanish Rice 1/2 c	Dessert 1 ct	Dessert 1 ct	Green Beans 1/2 c	Dessert 1 ct		
Tortillas 2 ct			Dinner Roll 1 ct			
Dessert 1 ct			Dessert 1 ct			

For the weeks of:

November 2-8, 2026

December 14-20, 2026

January 25-31, 2027

March 8-14, 2027

GLENWOOD, INC. MENU**Week 5**

Cycle: Fall/Winter 2026/2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Juice 4 oz	Juice 4 oz	Juice 4 oz	Juice 4oz	Juice 4 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Fruit 1 c	Fruit 1 c
Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Croissant 1 ct	Breakfast Pizza 1 ct
Toast 2 ct	Cheesy Bfast Bake 1/2 c	Fried Bologna 1 ct	Banana Rice Pudding 1/2 c	Pancakes 2 ct	Egg Patty 1/2 c	Fruit Smoothie 1 bottle
Ham 1 ct	Yogurt 1/2 c	Biscuit 1 ct	Sausage Links 2 ct	Bacon 2 sl	Sausage Patty 1 ct	
Cheese Grits 1/2 c		Jelly		Syrup 1 pk	Cheese 1 sl	
Jelly 1 pk						
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c
Asian Dumplings 6 ct	Shrimp Etouffee 6 oz	Meatballs in Marinara 3 oz	Pork BBQ 3 oz	Fried Catfish 3 ct	Sloppy Joe 3 oz	Pizza 1 ct
Fried Rice 1/2 c	Brown Rice 1 c	Sub Roll 1 ct	Baked Potato 1 ct	Hushpuppies 2 ct	WW Bun 1 ct	Carrots 1/2 c
Stir-Fried Vegetables 1 c	Fried Okra 1/2 c	Shredded Mozzarella 1 oz	Corn on the Cob 1 ct	French Fries 1/2 c	Sweet Potato Tots 1/2 c	Green Beans 1/2 c
	Collard Greens 1/2 c	Roasted Broccoli 1 c	Shredded Cheese 1 oz	Kickin' Coleslaw 1/2 c	Lima Beans 1/2 c	
		Chips 1 bag	Texas Toast 1 ct	Tartar Sauce 1 pk		
			Sour Cream 1 pk	Ketchup 2 pk		
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Beefaroni 8 oz	Grilled Chicken Tenders 3-4 ct	Beef Pot Roast 3 oz	Tater Tot Casserole 8 oz	Pork Tenderloin 3 oz	Residence is responsible for dinner.	Residence is responsible for dinner.
Salad 1 c	Hashbrown Casserole 1/2 c	Roasted Potatoes 1/2 c	Mixed Vegetables 1/2 c	Mashed Potatoes 1/2 c		
Garlic Bread 1 ct	Green Beans 1/2 c	Carrots 1/2 c	Dinner Roll 1 ct	Green Peas 1/2 c		
Dessert 1 ct	Dinner Roll 1 ct	Dinner Roll 1 ct	Dessert 1 ct	Dinner Roll 1 ct		
	Dessert 1 ct	Dessert 1 ct		Dessert 1 ct		

For the weeks of:

November 9-15, 2026

December 21-27, 2026

February 1-7, 2027

March 22-28, 2027

GLENWOOD, INC. MENU**Week 6**

Cycle: Fall/Winter 2026/2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Juice 4 oz	Juice 4 oz	Juice 4 oz	Juice 4oz	Juice 4 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Fruit 1 c	Fruit 1 c
Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Fruit 1/2 c	Cereal 1 bowl	Chocolate Swirl Pastry 1 ct
Egg Bites 2 ct	Breakfast Burrito 1 ct	Maple Oat Muffin 1 ct	Hashbrown Casserole 1/2 c	Biscuit 1 ct	Sausage Links 2 ct	Oatmeal Cup 1 c
Toast 2 ct	Grits 1/2 c	Bacon 2 sl	Scrambled Eggs 1/2 c	Conecuh Sausage 2 oz		
Jelly 1 pk				Jelly 1 pk		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz	Choice of Milk 8 oz
Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c	Fruit 1 c
Beef Chili 6 oz	Beef Tips & Rice 8 oz	Bison Mac 'n Cheese 6 oz	Porcupine Sliders 2 ct	Country Fried Chicken 1 ct	Fish Sticks 4 ct	Smoked Chicken 3 oz
Cornbread Bowl 1 ct	Carrots 1/2 c	Broccoli Salad 1/2 c	Lettuce 2 sl	Mashed Potatoes 1/2 c	French Fries 1/2 c	Tortilla Chips 2 oz
Tater Tots w/ Chz 1/2 c	Green Peas 1/2 c	Creamed Corn 1/2 c	Fried Okra 1/2 c	Country Gravy 2 oz	Coleslaw 1/2 c	Lettuce/Tomato 1/2 c
Salad 1 c	WW Roll 1 ct		Black Eyed Peas 1/2 c	Green Beans 1/2 c	WW Roll 1 ct	Black Bean/Corn Blend 1/2 c
Ketchup/Mustard 2 pks			Mayo 1 pk	WW Roll 1 ct		Queso 2 oz
Italian Dressing 1 pk						BBQ Sauce 2 oz
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Pot Pie 8 oz	Chicken Nuggets 8 ct	BBQ Sandwich 1 ct	Beef Birria Tacos 2 ct	Chicken Gumbo 3 oz	Residence is responsible for dinner.	Residence is responsible for dinner.
Green Beans 1/2 c	French Fries 1/2 c	Baked Beans 1/2 c	Refried Beans 1/2 c	Rice 1/2 c		
Dessert 1 ct	Baked Apples 1/2 c	Chips 1 bag	Spanish Rice 1/2 c	Collard Greens 1/2 c		
	Dinner Roll 1 ct	Dessert 1 ct	Dessert 1 ct	Cornbread 1 ct		
	Dessert 1 ct			Dessert 1 ct		