

October Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Lasagna Meat Sauce 2oz Sautéed Spinach Italian Bread Diet Jell-O	4 Roast Turkey Gravy Stuffing Carrots & Turnip Dinner Roll Diced Peaches	5 Tomato Soup Mushroom and Onion Frittata w/ Cheese Rice Pilaf Peppers & Onions Oatmeal Bread Cookie/Lemon Dinos	6 Beef Stew with vegetables Steamed Potatoes Biscuit Fresh Fruit (orange)	7 Herb Roasted Chicken 3oz Gravy 1oz Cheesy Cauliflower 4oz Sweet Potatoes 4oz Wheat Bread 1pc Mixed Fruit 4oz
10 Happy Columbus Day No Meal Service	11 Hamburger W/Cheese on the Side Potato Wedges Green Beans Hamburger Roll Mandarin oranges Ketchup and Mustard	12 Cream of Broccoli Soup Breaded Chicken Mashed Potatoes Corn Natural Grain Bread Sliced Pears	13 Sliced Pork Gravy Vegetable Rice Butternut Squash Oatmeal Bread Apple Crisp/Applesauce	14 Eggplant Parmesan Parmesan cheese Spaghetti Broccoli WW Dinner Roll Fresh Fruit (banana)
17 Chicken Drumstick BBQ Sauce Mashed Sweet Potato Chefs Choice Veg Dinner Roll Yogurt	18 Shephard's Pie (Ground Beef, Gravy, Mashed Potatoes and Corn) Whole Wheat Bread Fresh Fruit (orange)	19 Vegetable Soup Salmon with Dill Sauce Brown Rice Pilaf Brussel Sprouts Natural Grain Bread Mixed Fruit	20 Birthday: Greek Chicken Orzo Pilaf Carrots Italian Bread B-day Cake/Angel Food Cake	21 Macaroni & Cheese w/Crumb Topping Capri Blend Honey Wheat Roll Pineapple
24 Pasta Primavera with Chicken Zucchini Italian Scala Bread Diced Peaches	25 Sweet n'Sour Pork Meatballs White Rice Asian Style Veggies Multigrain Bread Pudding/Dt. Pudding	26 Corn Chowder LS Hot Dog Pork Baked Beans Red Peppers & Green Beans Hot Dog Roll Fresh Fruit (pear) Ketchup, Mustard, Relish	27 Pot Roast Gravy Roasted Potatoes Peas WW Dinner Roll Fruit Loaf /Lorna Doones	28 Baked Scrod Lemon Rice Rsted Butternut Squash Oatmeal Bread Mandarin Oranges
31 Special: Turkey Broccoli Casserole Egg Noodles Beets Dinner Roll Pumpkin Surprise				