



30	Oct 1	2	3	4	5	6
	Fresh Fruit Salad BBQ Pork Steak Classic Salisbury Steak Twice Baked Potato Steamed Broccoli Banana Cream Pudding	Greek Salad Spaghetti/Marinara Meat Sauce Citrus Baked Fish Rice Orzo Pilaf Green Beans Italian Snickerdoodle Brownie	Four Bean Salad Homestyle Turkey/Gravy Oven Roasted Pork <i>or</i> Cranberry Sage Dressing Baked Seasoned Squash Pear Cobbler	Peach Spring Salad Classic Baked Ham Braised Balsamic Chicken <i>or</i> Scalloped Potatoes Chef's Steamed Vegetable Mandarin Orange Chiffon Pie	Coleslaw Teriyaki Meatballs Cod/Tomato Cream Sauce <i>or</i> Parsley Rice Glazed Baby Carrots Honey Bun Cake	Cucumber Corn Salad Lemon Grilled Chicken Sweet Corned Beef <i>or</i> Herb Roasted Red Potatoes Boiled Cabbage Homemade Carrot Cake
7	8	9	10	11	12	13
Green Salad Roast Beef au Jus Rosemary Pork Shank <i>or</i> Parmesan Orzo Mixed Vegetables German Chocolate Cake	Layered Fruit Salad Country Fried Steak/Gravy Turkey Roast/Zesty Rub Mashed Potatoes Chef's Steamed Vegetable Chef's Dessert	Coleslaw Chicken/Pineapple Mango Salsa Kielbasa/Peppers Rice Pilaf Corn O'Brien Apple Cobbler	Hawaiian Fruit Salad Pan Seared Cod Glazed Baked Ham <i>or</i> Roasted Red Potatoes Lemon Pepper Green Beans Key Lime Pie	Marinated Pepper Salad Beef Patty/Mushroom Sauce Lemon Oregano Turkey <i>or</i> Boiled Potatoes Mixed Vegetables Chocolate Lush	Broccoli Raisin Salad Dressed Up Chicken Baked Dijon Salmon <i>or</i> Seasoned Rice Capri Blend Pineapple Upside Down Cake	Ambrosia Kalua Roast Pork Orange Teriyaki Beef <i>or</i> Aloha Sweet Potatoes Honey Glazed Carrots Buttermilk Spice Cake
14	15	16	17	18	19	20
Yogurt Jello Salad Zesty Meatloaf Mushroom and Swiss Chicken <i>or</i> Onion Roasted Potatoes Roasted Carrots Baked Roll Maple Bar	Asian Cabbage Salad Honey Curry Chicken Breast Apple Cider Pork Loin Rice Pilaf Broccoli Baked Roll Peach Cobbler	Cinnamon Fruit Cup Almond Crusted Pork Cutlet Broccoli Ham Quiche Smashed Sweet Potatoes Corn Baked Roll Cream Pecan Cake	Green Salad Salisbury Steak Chicken Fettuccine Alfredo <i>or</i> Baked Potato Sauteed Spinach Baked Roll Fresh Banana Cream Pie	Vegetable Pasta Salad Oven Roasted Chicken Breast Pork & Pineapple Kabobs <i>or</i> Lyonnais Potatoes Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	Ambrosia Seasoned Baked Tilapia Cube Steak Oriental <i>or</i> Potato Wedges Lemon Pepper Green Beans Baked Roll Texas Sheet Cake	Green Salad Braised Beef Cubes Beef Goulash <i>or</i> Mashed Potatoes/Gravy Winter Sunset Blend Baked Roll Autumn Spice Cake
21	22	23	24	25	26	27
Feta Garbanzo Bean Salad Brown Sugar Ham Roast Beef with Mustard Sauce <i>or</i> Roasted Yams Baked Lima Beans Baked Roll Cherry Pie	Sunshine Jello Salad Garlic Ranch Chicken Shrimp Style Scampi Potato Bacon Gratin Corn O'Brien Baked Roll Cranberry Cheesecake	Green Salad Swedish Meatballs Homestyle Turkey Best Noodles Scandinavian Veg Baked Roll Chocolate Chip Cake	Wax Bean Salad Herb Crusted Pork Roast Grilled Chicken Legs <i>or</i> Parmesan Roasted Potatoes Seasoned Cauliflower Baked Roll Mixed Berry Crisp	Layered Fruit Salad Hamburger Steak/Onions Chicken Marengo <i>or</i> Sour Cream Potatoes Capri Blend Baked Roll Maple Bread Pudding	Creamy Coleslaw Cheddar Crumb Cod Sweet and Sour Pork <i>or</i> Rice Orzo Pilaf Seasoned Peas Baked Roll Raspberry Sherbet Dessert	Green Salad Cranberry Glazed Turkey Roast Aldilla Braised Beef <i>or</i> Cornbread Dressing Roasted Parmesan Brussels Sprouts Baked Roll Pineapple Cake
28	29	30	31	Nov 1	2	3
Green Salad Yankee Pot Roast Baked Salmon/Lemon Dill Sauce <i>or</i> Garlic Mashed Potatoes Baby Carrots Baked Roll Peach Pie	Mixed Vegetable Salad Marinated Drum Sticks Veal/Mushroom Sauce Lemon Rice Steamed Sugar Snap Peas Baked Roll Cranberry Apple Crisp	Green Salad Grilled Pork Cutlet Swiss Steak/Tomatoes Baked Yams Herbed Corn Baked Roll Glazed Pumpkin Cake	Fruited Jello Salad Bacon Wrapped Patty Turkey Roast/Stuffing <i>or</i> Baked Potato Greens Baked Roll Graham Streusel Cake			