



30	Oct 1	2	3	4	5	6
	Coleslaw BBQ Pork Steak Breadcrumb Cod Fillet <i>or</i> Baked Sweet Potato Steamed Broccoli Corn <i>or</i> Baked Roll Chocolate Mint Cookie	Cucumber Onion Salad Braised Beef Cubes Chicken Cordon Bleu <i>or</i> Cheesy Scalloped Potatoes Lemon Glazed Carrots Sauteed Yellow Squash <i>and</i> Baked Roll Fruit Tart	Green Salad Turkey Cutlet/Spinach Bacon Feta Topping Seafood Alfredo <i>or</i> Noodles Mixed Vegetables Sauteed Spinach <i>or</i> Baked Roll Cheesecake	Cottage Cheese Classic Baked Ham Ranch Chicken <i>or</i> Glazed Sweet Potatoes Cauliflower/Cheese Sauce Baked Roll Peanut Butter Cookie	Green Salad Herb Flavored Steak Breaded Cod <i>or</i> Parsley Rice Sauteed Spinach Baked Roll Chef's Dessert	Cucumber Onion Salad Veal Parmesan Chicken Cordon Bleu <i>or</i> Mashed Potatoes/Gravy Green Beans Sauteed Yellow Squash <i>or</i> Baked Roll Berry Crumble
7	8	9	10	11	12	13
Coleslaw BBQ Beef Ribs Country Fried Steak/Gravy <i>or</i> Mashed Potatoes/Gravy Okra and Tomatoes Corn Baked Roll Apple Pie	Green Salad Grilled Chicken Legs BBQ Beef Brisket <i>or</i> Baked Beans Corn on the Cob Lemon Buttered Broccoli <i>or</i> Baked Roll Frozen Strawberry Cream Pie	Vinaigrette Cucumber Tomatoes Kielbasa/Peppers Creamy Pork Chops <i>or</i> Rice Pilaf Grilled Zucchini Vegetable Medley Salad <i>and</i> Baked Roll Toffee Crunch Cookies	Hawaiian Fruit Salad Glazed Baked Ham Classic Salisbury Steak <i>or</i> Mashed Potatoes/Gravy Roasted Brussels Sprouts Baked Roll Chocolate Cake	Broccoli Raisin Salad Roast Beef with Mustard Sauce Swedish Meatballs <i>or</i> Parsley Egg Noodles Mixed Vegetables Baked Roll Cheesecake	Fruit Cocktail Breadcrumb Cod Fillet Apple Cider Pork Loin <i>or</i> Herb Roasted Red Potatoes Capri Blend Steamed Artichokes <i>or</i> Baked Roll Pineapple Upside Down Cake	Green Salad Beef Goulash Artichoke Chicken <i>or</i> Rice Orzo Pilaf Honey Glazed Carrots Broccoli <i>or</i> Baked Roll Autumn 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 <i>or</i> Rice Pilaf Broccoli Baked Roll Peach Cobbler	Cinnamon Fruit Cup Almond Crusted Pork Cutlet Broccoli Ham Quiche <i>or</i> 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> Lyonnaise 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 Homemade Cherry Pie	Sunshine Jello Salad Garlic Ranch Chicken Shrimp Style Scampi <i>or</i> Potato Bacon Gratin Corn O'Brien Baked Roll Cranberry Cheesecake	Green Salad Swedish Meatballs Homestyle Turkey <i>or</i> 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 Tomato Basil Chicken <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 <i>or</i> Lemon Rice Steamed Sugar Snap Peas Baked Roll Cranberry Apple Crisp	Green Salad Grilled Pork Cutlet Swiss Steak/Tomatoes <i>or</i> 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			