



October Noon Meal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Roast Beef Roasted Potatoes Green Bean Casserole Dinner Roll Fruit Pie					1 Hot Dog with Bun Potato Chips Creamy Coleslaw White Bread Orange Cake	2 Italian Style Lasagna Zucchini & Onions Garlic Bread Cheese Cake with Topping
3 Roast Beef Roasted Potatoes Green Bean Casserole Dinner Roll Fruit Pie	4 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Mixed Vegetables White Bread Fruited Jello	5 Philly Steak on Bun Potato Chips Brussels Sprouts Wheat Bread Yellow Cake	6 Fried Chicken Garlic Mashed Potatoes Creamed Corn Wheat Bread Baked Apple	7 Ravioli Vegetable Blend Caesar Salad Garlic Bread Oreo Cake	8 Cheeseburger French Fries Baked Beans White Bread Strawberry Upside Down Cake	9 Sweet & Sour Chicken Rice Oriental Vegetables Crab Ragoons Mandarin Oranges
0 Pork Loin with Herbs Roasted Potatoes Buttered Carrots Dinner Roll Baker's Choice Pie	11 Beef Tips with Mushroom Sauce Mashed Potatoes Broccoli White Bread Bread Pudding	12 Chicken with Lemon Pepper Twice Baked Potato Peas & Carrots Dinner Roll Fruit Jello & Topping	13 Battered Fish Rice Pilaf Tangy Coleslaw Wheat Toast Blueberry Cheesecake	14 Baked Ham Sweet Potatoes Seasoned Green Beans Dinner Roll Glazed Lemon Cake	15 Grilled Pork Chops Roasted Potatoes Scandinavian Vegetables White Bread Raisin Rice Pudding	16 Chicken Florentine Lyonnaise Potatoes Seasoned Zucchini Wheat Bread Magic Cookie Bar
17 Roast Beef Baked Potato Broccoli with Cheese Dinner Roll Fruit Pie	18 Turkey Primavera Brown Rice Green Beans White Bread Pineapple Upside Down Cake	19 Chopped Steak with Mushrooms Mashed Potatoes with Gravy Buttered Carrots Dinner Roll Vanilla Pudding	20 BBQ Chicken Buttered Peas Baked Beans Cornbread Peanut Butter Bar	21 Spaghetti with Meat Sauce Roasted Vegetables Garlic Bread Peaches & Cream	22 Grilled Chicken with Mushrooms & Onions Rice Pilaf Green Beans White Bread Lemon Bar	23 Pork Medallions with Apple Brand Sauce Roasted Potatoes Caramelized Carrots Biscuit Angel Food Cake
24 Roasted Turkey Mashed Potatoes with Gravy Candied Carrots Dinner Roll Apple Pie	25 Swedish Meatballs with Gravy Buttered Noodles California Vegetable Blend White Bread Fruit Crisp	26 Glazed Ham Scalloped Potatoes Roasted Vegetables Dinner Roll Chocolate Pudding Cake	27 Chicken Marsala Tossed Salad with Dressing Buttered Green Beans White Bread Cherry Crisp	28 Homestyle Meatloaf Mashed Potatoes with Gravy Buttered Carrots Mint Brownie	29 Hot Dog with Bun Potato Chips Creamy Coleslaw White Bread Orange Cake	30 Italian Style Lasagna Zucchini & Onions Garlic Bread Cheese Cake with Topping





October Evening Meal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Soft Taco Tater Tots Spanish Rice Wheat Bread Snickerdoodle Cake					1 Pizza Side Salad Fresh Fruit Bread Sticks Pineapple Cobbler	2 Chicken with Pineapple Stir Fried Vegetables Cottage Cheese White Bread Chocolate Chip Cookie
3 Soft Taco Tater Tots Spanish Rice Wheat Bread Snickerdoodle Cake	4 Patty Melt Fruit Salad Green Pea Salad Crackers Rice Krispy Bar	5 Chicken Pot Pie Tossed Salad with Dressing Apple Salad Baked Cookies	6 Egg Salad Sandwich Kettle Chips Roasted Vegetables White Bread Tapioca Pudding	7 Alfredo Pasta California Vegetable Blend Wheat Bread Fruit Cobbler	8 Piccata Fish Lemon Chive Rice Asparagus Jell-O Poke Cake	9 Ham & Potato Casserole Side Salad Italian Green Beans Cornbread Turtle Cheesecake
10 Fish Sandwich Caesar Salad with Dressing Roasted Vegetables Fruit Crisp	11 Grilled Cheese Sandwich Tomato Soup Potato Chips Crackers Chocolate Eclair Bar	12 Pulled Pork Sandwich Baked Beans Macaroni Salad Baked Apple	13 Ham & Cheese Sandwich Pasta Salad Cottage Cheese Crackers Assorted Cookies	14 Enchilada Bake Buttered Corn Tossed Salad with Dressing Wheat Bread Brownie	15 Goulash Seven Layer Salad Roasted Vegetables Sliced Peaches	16 Grilled Chicken Sandwich French Fries Three Bean Salad Crackers Seasonal Fresh Fruit
17 Chicken Tenders Vegetable Soup Cucumber Tomato Salad White Bread Peaches	18 Glazed Ham Hashbrown Casserole Vegetable Blend Wheat Bread Rocky Road Pudding	19 Tuna Melt Sandwich Pineapple Prince Edward Vegetable Wheat Bread Assorted Fruit Crisp	20 Pork Stir Fry Rice Roasted Vegetables Cream Pie	21 Tater Tot Casserole Seasonal Fresh Fruit Cottage Cheese White Bread Sherbet	22 Bratwurst on Bun French Fries Pasta Salad Frosted Carrot Cake	23 Chicken Parmesan Roasted Potatoes Tossed Salad with Dressing Bread Sticks Assorted Cookies
24 Breakfast Casserole Seasonal Fresh Fruit White Toast Cinnamon Roll	25 Chicken Fried Steak Mashed Potatoes with Gravy Brussels Sprouts White Bread Pear ala Mode	26 Grilled Cheese Sandwich Tomato Soup Cottage Cheese with Fruit Plate Crackers Strawberries & Bananas	27 Smothered Pork Chop Rice Pilaf Cauliflower & Peppers White Bread S'more Brownie	28 Sloppy Joe on a Bun Potato Salad Roasted Vegetables Assorted Ice Cream	29 Pizza Side Salad Fresh Fruit Bread Sticks Pineapple Cobbler	30 Chicken with Pineapple Stir Fried Vegetables Cottage Cheese White Bread Chocolate Chip Cookie

