

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# October 2021

					Choice of Juice <sup>1</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>2</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage
Choice of Juice <sup>3</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>4</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>5</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>6</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>7</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>8</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>9</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage
Choice of Juice <sup>10</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>11</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage <small>Indigenous Peoples' Day Thanksgiving (Canada)</small>	Choice of Juice <sup>12</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>13</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>14</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>15</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>16</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage
Choice of Juice <sup>17</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>18</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>19</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>20</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>21</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>22</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>23</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage
Choice of Juice <sup>24</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>25</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>26</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>27</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>28</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>29</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage	Choice of Juice <sup>30</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage
Choice of Juice <sup>31</sup> Choice of Cereal Choice of egg Pancakes/Waffles French Toast Bacon/Sausage <small>Halloween</small>	<i>Breakfast</i>					

Sunday

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						Smoked Sausage 1 German Potato Salad Spaghetti/Meatsauce Peas/Carrots Corn Carrot Cake		Southwest 2 Chicken Bake Salmon Filet Mashed Potatoes Green Bean Casserole Carrots Rhubarb Dessert					
Hot Dog 3 Hamburgers Potato Salad Baked Beans Corn Watermelon Apple Pie		Swedish Meatballs 4 Chicken Ala King Buttered Noodles Biscuit California Blend Mixed Veggies Monster Bars		Meatloaf 5 Chicken Cordon Bleu Hashbrown Casserole Scalloped Corn Brussel Sprouts Bread Pudding		Stuffed Peppers 6 Parmesan Sage Pork Chops Baked Potatoes Carrots Broccoli Cherry Cha Cha		Baked Fish 7 Swiss Steak Sweet Potatoes Green Beans Capri Veggies Lemon Bar		Pork Loin 8 Cheeseburger Macaroni Hashbrown/ Cheese Caribbean Veggies Corn Ice Cream		Fried Shrimp 9 Penne/Sausage w/ Marinara Au Gratin Potatoes Cauliflower California Blend Apple Crisp	
Sloppy Joe 10 Chili Dog French Fries Cream Corn Mixed Veggies Brownie		Beef Stroganoff 11 Ham/Swiss Pie Buttered Noodles Green Beans Asparagus Cheesecake <small>Columbus Day (US)                  Indigenous Peoples' Day                  Thanksgiving (Canada)</small>		Salmon Patty 12 Oven Browns Spaghetti/Meatsauce Dinner Roll Peas/ Pearl Onions Corn Cherry Bar		Beef Tetrazzini 13 Chicken Alfredo Buttered Noodles Steamed Cabbage Carrots Chocolate Cake		Bratwurst 14 BBQ Riblette Potato Salad Green Beans Baked Beans Ice Cream		Salisbury Steak 15 TaterTot Casserole Mashed Potatoes Brussel Sprouts Broccoli Pumpkin Bar		Meatloaf 16 BBQ Ribs Sweet Potatoes Carrots Stewed Tomatoes Blueberry Pie	
Fried Chicken 17 Roast Beef Mashed Potatoes Country Trio Veg Blend Cream Puff		Lasagna 18 Pork Chops Hashbrown Casserole Mixed Veggies Peas/Pearl Onions Lemon Cake		Roast Turkey 19 Baked Ham Stuffing Sweet Potatoes California Blend Glazed Carrots Pumpkin Pie		BBQ Chicken 20 Tilapia Baked Potato Corn Cauliflower Banana Bar		Pepper Steak 21 Chicken Cordon Bleu Scalloped Potatoes Broccoli Green Beans Peach Cobbler		Ribs/Kraut 22 Corn Beef/Cabbage Boiled Potatoes Brussel Sprouts Carrots Lemon Bar		Shrimp Scampi 23 Country Fried Steak Mashed Potatoes Capri Veggies Cream Corn Apple Pie	
Pork Loin 24 Chicken Delight Mashed Potatoes Asparagus Green Bean Casserole Coconut Cream Pie		Burrito Crescent 25 Squares Scalloped Potatoes/Ham Dinner Roll French Green Beans Corn Ice Cream		Beef Tips 26 Stuffed Peppers Buttered Noodles Broccoli/Cheese Corn Rice Krispy Bar		Swiss Steak 27 Chicken Parmesan Buttered Noodles Peas/ Pearl Onions Spinach Dinner Roll Peanut Butter Pie		Salmon Patty 28 Chicken Alfredo Buttered Noodles Sweet Potato Cauliflower Corn Chocolate Cream Pie		Meatloaf 29 Enchiladas Mashed Potatoes Mexican Rice Baked Beans Caribbean Veggies Cherry Crisp		Hamburger 30 BBQ Pulled Pork Potato Salad Mixed Veggies Capri Veggies Cream Puff	
Roast Beef 31 Baked Ham Mashed Potatoes Corn Green Beans Red Velvet Cake <small>Halloween</small>		Lunch Soup of the Day Every day!!											



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## Supper

				BBQ Chicken 1 Hashbrown/Cheese Beef Noodle Soup Tuna Salad Sandwich Fruit Cocktail Cream Puffs		Turkey/Dressing 2 Sandwich Potato Chips Chicken Rice Soup Ham Salad Sandwich Peaches Cherry Crisp	
Beef Stew 3 Dinner Roll Chicken Noodle Soup Chicken Salad Sandwich Pears Strawberry Pretzel Dessert	Chicken Stir Fry 4 Egg Rolls Cheese Soup Egg Salad Sandwich Mandarin Oranges Ice Cream	Lasagna 5 Garlic Bread Veg Beef Soup Turkey Sandwich Tropical Fruit Strawberry Cream Pie	Turkey Wrap 6 Rice Pilaf Tomato Soup Ham Sandwich Applesauce Peanut Butter Cookie	Pizza 7 French Onion Soup Bologna/Cheese Sandwich Pears Drumsticks	Salmon Filet 8 Mac/Cheese Cream of Mushroom Soup Tuna Salad Sandwich Fruit Cocktail Jello Cake	LemonBasilChicken 9 Coleslaw Ham/Bean Soup Ham Salad Sandwich Peaches Spice Cake	
Chicken Cacciatore 10 Buttered Noodles Chicken Rice Soup Chicken Salad Sandwich Pears Ice Cream	ChippedBeef/Toast 11 Broccoli/Cheese Soup Egg Salad Sandwich Mandarin Oranges Lemon Meringue Pie <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	Chicken Tenders 12 Mac/Cheese Baked Potato Soup Turkey Sandwich Tropical Fruit Banana Cake	Sub Sandwich 13 Potato Salad Beef Noodle Soup Ham Sandwich Applesauce Pudding Parfait	Pigs in a Blanket 14 Tomato Basil Soup Bologna/Cheese Sandwich Pears Mandarin Orange Cake	Scalloped 15 Potatoes/Ham Chicken Pot Pie Soup Tuna Salad Sandwich Fruit Cocktail Banana Cream Pie	Taco Salad 16 Beef Barley Soup Ham Salad Sandwich Peaches Cheesecake	
BBQ Chicken 17 Hashbrown/Cheese Minestrone Soup Chicken Salad Sandwich Pears Cherry Bar	Southwest 18 Chicken Bake Hamburger Veg Soup Egg Salad Sandwich Mandarin Oranges Chocolate Cream Pie	Swedish Meatballs 19 Buttered Noodles Chili Turkey Sandwich Tropical Fruit Strawberry Cake	Soft Taco 20 Spanish Rice Stuffed Green Pepper Soup Ham Sandwich Applesauce Cookies	Pizza 21 Cream of Cabbage Soup Bologna/Cheese Sandwich Pears Drumsticks	Shepherd's Pie 22 Chicken Noodle Soup Tuna Salad Sandwich Fruit Cocktail German Chocolate Cake	Meatloaf 23 Au Gratin Potatoes Cream of Mushroom Soup Ham Salad Sandwich Peaches Monster Bar	
Open Face 24 Hot Beef Sandwich Mashed Potatoes Veg Beef Soup Chicken Salad Sandwich Pears Apple Turnovers	Chicken Pot Pie 25 Cheese Soup Egg Salad Sandwich Mandarin Oranges Chocolate Mint Pie	Baked Ziti 26 Garlic Bread Tomato Soup Turkey Sandwich Tropical Fruit Brownies	Biscuits/Gravy 27 Hashbrowns Taco Soup Ham Sandwich Applesauce Scotcheroos	Baked Eggs 28 French Onion Soup Bologna/Cheese Sandwich Pears Shirley Temple Poke Cake	Bratwurst/Kraut 29 on Bun French Fries Beef Barley Soup Tuna Salad Sandwich Fruit Cocktail Ice Cream	Smoked Sausage 30 German Potato Salad Chicken Rice Soup Ham Salad Sandwich Peaches Mandarin Orange Cake	
Goulash 31 Bread/Butter Broccoli/Cheese Soup Chicken Salad Sand. Pears Strawberry Pretzel Dessert <small>Halloween</small>	<p style="text-align: center;"> <b>Joke of the Month:</b>                      How do you fix a broken jack-o-lantern?                      You use a pumpkin patch!!                 </p>						