

# October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <li>Menu subject to change.</li> </ul>						L: Chicken alfredo, garlic bread, ice cream <b>1</b>  D: Roast beef and swiss melt, sweet potato fries, mandarin oranges
L: Pork loin, sweet potatoes, broccoli, roll, pecan pie <b>2</b> D: Tuna salad on a croissant, soup, applesauce	L: Pot roast, buttered noodles, squash, cake <b>3</b> D: Grilled cheese, tomato soup, crackers, carrot cake	L: Lemon pepper chicken breast, white rice, peas and carrots, fruited jello <b>4</b> D: Cheeseburger on a bun, baked beans, coleslaw, baked apple	L: Shrimp alfredo, salad bar, breadstick, fruit fluff <b>5</b> D: Turkey, bacon, and swiss melt, french fries, cookie	L: Ham, baked potato, green beans, cheddar biscuit, brownie <b>6</b> D: Beef and noodle casserole, beats, garlic bread, pudding	L: Tilapia, asparagus, diced potatoes, roll, ice cream <b>7</b> D: Hot dog on a bun, onion rings, coleslaw, brownie	L: Fried chicken, mashed potatoes w/gravy, corn, roll, oreo fluff <b>8</b> D: Spaghetti w/ meat sauce, mix veg, garlic bread, ice cream cone
L: Macaroni ham and cheese casserole, broccoli, roll, apple pie <b>9</b> D: Chicken tenders, potato chips, cucumber tomato salad, peaches	L: Salisbury steak, mashed potatoes w/ gravy, peas, pineapple upside down cake <b>10</b> D: Chef salad, creamy cucumbers, roll, ice cream	L: Turkey tetrazzini, carrots, garlic bread, pudding <b>11</b> D: Polish sausage, buttered noodles sauerkraut, fruit cup	L: BBQ chicken, baked beans, corn casserole, scotchardoo <b>12</b> D: Rueben, french fries, key lime pie	L: Open faced turkey sandwich, diced beets, cream pie <b>13</b> D: Chicken Monterey sandwich, side salad, fresh fruit, sherbet	L: Pork chop, broccoli and cauliflower, au gratin potatoes, roll, lemon bar <b>14</b> D: Beef steak w/ mushroom gravy, mashed potato, mix veg, angel food cake	L: Tater tot casserole, brussels sprouts, cheesecake <b>15</b> D: Chili, cornbread, cinnamon roll
L: Beef stroganoff, mixed vegetable, breadstick, cake <b>16</b> D: Egg salad sandwich, soup, red velvet cake	L: Beef stew, salad bar, biscuit, ice cream <b>17</b> D: Chicken fried steak, mashed potatoes, peas, cookie	L: Turkey burgers w/ lettuce, tomato, onion, potato salad, watermelon <b>18</b> D: Bratwurst, macaroni salad, fruit, cookie	L: Chicken and dumplings, biscuit, salad bar, jello cake <b>19</b> D: Chicken alfredo, broccoli, breadstick, pudding	L: Meatloaf, mashed potatoes, carrots, roll, apple slices <b>20</b> D: Deli sandwich, potato salad, carrot stick w/ ranch, cream pie	L: Lobster, mashed potatoes, cheesy broccoli, cheddar biscuit, cheesecake <b>21</b> D: Meatball sub, green beans, ice cream cone	L: Chipped beef on toast, zucchini, brownie <b>22</b> D: Ham loaf, side salad, garlic bread, jello
L: Pizza, mozzarella stick, side salad, ice cream <b>23</b> D: Cabbage rolls, carrots, roll, cheesecake	L: Hot beef, mashed potatoes, mixed veg. cake <b>24</b> D: Patty melt, broccoli cheese soup, assorted fruit cup	L: Philly steak on a bun w/ peppers and onions, potato chips, cookie <b>25</b> D: Chicken pot pie, biscuit, side salad, oreo fluff	L: Chicken breast, baked potato, brussels sprouts, baked apple <b>26</b> D: Tuna noodle casserole w/ peas, garlic bread, ice cream	L: Beef tips, buttered noodles, cheesy broccoli, rice krispy bar <b>27</b> D: Lasagna, green beans, breadstick, strawberry rhubarb pie	L: Fish sandwich w/ lettuce, french fries, coleslaw, sherbet <b>28</b> D: Chef salad, broccoli salad, garlic bread, lemon bar	L: Swedish meatballs, white rice, corn, peach crisp <b>29</b> D: Hamburger, potato salad, pineapple, ice cream
L: Taco in a bag, fried rice, refried beans, churro <b>30</b> D: Orange chicken, egg roll, egg drop soup, fortune cookie	L: Fried chicken, mashed potatoes, peas, red velvet cake <b>31</b> D: Turkey club, pea salad, applesauce	<ul style="list-style-type: none"> <li>Menu subject to change.</li> </ul>				