

October 2019 Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Marsala Wide Noodles Zucchini & Stewed Tomatoes Minestrone Soup Pumpnickel Bread Fruit Cup- Ind.	2 Cheese Tortellini Basil Pesto Cream Italian Blend Vegetables Mixed Greens W/ Cucumber Multigrain Bread Applesauce- Ind.	3 Sweet and Sour Pork Brown Rice Asian Blend Vegetables Carrot Ginger Soup Rye Bread Fresh Orange	4 Welcome Lunch Meatloaf W/ Gravy Mashed Potatoes French Green Beans Tossed Salad W/ Tomato Whole Wheat Bread Ice Cream- Ind.
7 Chicken Taco Rice & Beans Corn & Red Peppers Tomato Barley Soup Salsa & Sour Cream 6" Whole Wheat Tortilla Cookies- Ind.	8 Roast Beef W/ Gravy Mashed Potatoes Mixed Vegetable Blend Green Bean Salad Whole Wheat Bread Fresh Orange	9 Tuna Salad Potato Salad Lettuce & Onion Vegetable Soup Club Roll- Sliced Fruit Cup- Ind.	10 BBQ Ribette Baked Beans Mushrooms & Onions Mixed Greens W/ Artichoke Whole Wheat Hamburger Bun Jello- Ind.	11 Cheese Omelet W/ Salsa Roasted Red Potatoes Sausage Patty Ambrosia Salad Corn Muffin Yogurt- Ind. Orange Juice
14 CLOSED FOR COLUMBUS DAY	15 Stuffed Cabbage W/ Marinara Roasted Red Potatoes Carrots- Coined Chicken Noodle Soup Rye Bread Yogurt- Ind.	16 Chicken Parm Penne W/ Marinara Zucchini & Stewed Tomatoes Caesar Salad Pumpnickel Bread Italian Ice- Ind.	17 Turkey W/ Cranberry Autumn Stuffing Butternut Squash Chick Pea Salad Whole Wheat Dinner Roll Fruit Cup- Ind.	18 Fish W/ Tarragon Cream Sauce Confetti Rice Broccoli Vegetarian Split Pea Soup Multigrain Bread Fresh Orange
21 Kielbasa W Sauerkraut Pierogies W/ Sour Cream Green Beans Mixed Greens W/ Tomato Club Roll- Sliced Jello- Ind.	22 October Celebration Cheese Pizza HD: Manicotti W/ Cheese Peppers & Onions Spinach & Mushrooms Tossed Salad W/ Beets Whole Wheat Dinner Roll Birthday Cake	23 Salisbury Steak W/ Gravy Roasted Red Potatoes Brussel Sprouts Beef Barley Soup Rye Bread Fresh Orange	24 Beef Stew Wide Noodles Cauliflower Florets Carrot Raisin Salad Whole Wheat Bread Yogurt- Ind.	25 Chicken Cordon Bleu Mashed Sweet Potatoes Sweet Peas Lentil Soup Multigrain Bread Fruit Cup- Ind.
28 Meatball Sub Roasted Red Potatoes Peppers & Onions Tuscan Bean Soup Kaiser Roll- Sliced Fresh Orange	29 Western Omelet Hash Browns Kale & Mushrooms Tomato & Cucumber Salad Multigrain Bread Applesauce- Ind.	30 Turkey W/ Gravy Mashed Potatoes Baby Carrots Tossed Salad Whole Wheat Dinner Roll Yogurt- Ind.	31 Chicken Salad Spiral Pasta Salad Lettuce & Onions Butternut Squash Soup Pumpnickel Bread- 2 Slices Halloween Cookie	Please note that all menus: -May change due to unforeseen circumstances. -Include 8oz. 1% milk and 4oz. 100% juice. -HD and diabetic clients will receive light or sugar-free desserts only.