



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3-Oct</p> <p>Pepper Steak w/ Peppers Onions & Gravy 1/2c. Parsley Noodles 1/2c. Baby Carrots Whole Wheat Bread 1/2c. Applesauce</p>	<p>4-Oct</p> <p>Breaded Chicken Fillet Sandwich 1/4c. Lettuce, 1 Slice Tomato 1c. Homemade Vegetable Soup Sandwich Roll, Crackers 1/2c. Pineapple Tidbits & Mandarin Oranges</p>	<p>5-Oct</p> <p>Oven Roasted Hot Beef w/ Gravy Baked Potato 1/2c. Sweet & Sour Coleslaw Whole Wheat Bread 1/2c. Gelatin w/ Topping (sour cream)</p>	<p>6-Oct</p> <p>Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit (tartar sauce)</p>	<p>7-Oct</p> <p>Hot Dog Bun 1/2c. Whipped Potatoes 1/2c. Sauerkraut Hot Dog Bun Chocolate Brownie</p> 
<p>10-Oct</p> <p>Pork Loin w/ Gravy 1/2c. Scalloped Potatoes 1/2c. Sweet Peas & Onions Dinner Roll Fresh Seasonal Fruit</p>	<p>11-Oct</p> <p>Italian Meatball Hoagie w/ Sauce & Cheese 1/2c. Seasoned New Potatoes 1/2c. Mixed Bean Medley Hoagie Bun 1/2c. Tapioca Pudding</p>	<p>12-Oct</p> <p>Stuffed Pepper Cup w/ Tomato Sauce 1/2c. Whipped Potatoes 1/2c. Yellow Beans Whole Wheat Bread 1/2c. Diced Pears (or Cabbage Roll)</p>	<p>13-Oct</p> <p>Chef Salad (ham, turkey, egg & cheese) 1c. Mixed Greens w/ Tomato Croutons, Carrots. Cucumbers 1c. Noodle Soup w/ Crackers Whole Wheat Bread 1/2c. Sliced Peaches</p>	<p>14-Oct</p> <p>Creamy Parmesan Garlic Chicken w/ Cream Sauce 1/2c. Penne Pasta 1/2c. Italian Vegetable Medley Garlic Bread Stick 1/2c. Warm Cinnamon Applesauce</p>
<p>17-Oct</p> <p>Baked Ham Slice w/ Fruit Sauce 1/2c. Orange Kissed Mashed Sweet Potatoes 1/2c. Brussel Sprouts Whole Wheat Bread 1/2c. Vanilla Ice Cream</p>	<p>18-Oct</p> <p>BBQ Chicken Breast 1/2c. Seasoned Redskin Potatoes 1/2c. Country Vegetable Blend Dinner Roll Sugar Cookie</p> 	<p>19-Oct</p> <p>Chili Mac w/ Cheddar Cheese Topping 1c. Mixed Greens w/ Tomato Carrots, Cabbage & Dress. Italian Bread 1/2c. Applesauce</p>	<p>20-Oct</p> <p>Turkey & Swiss Sandwich 1/4c. Lettuce, 1 Slice Tomato 1c. Cheesy Broccoli Soup w/ Crackers 2 Whole Wheat Bread Fresh Seasonal Fruit</p>	<p>21-Oct</p> <p>Breaded Lemon Pepper Pollock Baked Potato w/ Sour Cream 1/2c. Garden Salad w/ Tomato Dinner Roll 1/2c. Sliced Peaches w/ Oatmeal Topping</p>
<p>24-Oct</p> <p>Meatloaf w/ Gravy 1/2c. Whipped Potatoes 1/2c. Italian Beans Whole Wheat Bread 1/2c. Banana Pudding Fluff</p>	<p>25-Oct</p> <p>Baked Vegetable Lasagna w/ Parmesan Cream Sauce 1c. Mixed Greens w/ Tomato Carrots, Onions, Cabbage Garlic Bread Stick 1/2c. Sliced Apples w/ Oatmeal Topping</p>	<p>26-Oct</p> <p>BBQ Pulled Pork Sandwich 1/2c. Southwest Rice & Black Beans 1/2c. Fresh Coleslaw Sandwich Roll Corn Drop Biscuit Fresh Seasonal Fruit</p>	<p>27-Oct</p> <p>Grilled Chicken Caesar Salad (3oz. Chicken & parmesan) 1c. Mixed Greens w/ Tomato Cranberries, Carrots, Croutons 1c. Navy Bean Soup w/ Crackers Italian Bread 1/2c. Diced Pears</p>	<p>28-Oct</p> <p>Ham & Scalloped Potato Casserole 1/2cc. Braised Cabbage 1/2c. Green Beans Dinner Roll 1/2c. Strawberry Ice Cream</p>
<p>31-Oct</p> <p>Roast Turkey & Gravy 1/2c. Homemade Stuffing 1/2c. Baby Carrots Whole Wheat Bread 1/2c. Warm Cinnamon 1/2c. Applesauce</p>		<p>"Happy Halloween"</p>		