


October 2019

	1st Tuesday 10/1	1st Wednesday 10/2	1st Thursday 10/3	1st Friday 10/4
	Lemon Pepper Tilapia over Rice	Italian Hoagie Sandwich	Chicken Fried Steak	Ham and Beans
	Green Beans	Garden Salad	Mashed Potatoes	Cornbread
	Dessert	Fresh fruit	5 way Vegetables	Dessert
			Dessert	Weekend Meals
1st Monday 10/7	2nd Tuesday 10/8	2nd Wednesday 10/9	2nd Thursday 10/10	2nd Friday 10/11
Meatballs and Mashed Potatoes	Chili with beans	Cheeseburger	BBQ Boneless Pork Ribs	Chicken Broccoli Rice Casserole
Malibu Vegetables	Green Beans	Mixed Vegetables	Baked Beans	Yellow Squash
Dessert	Dessert	Dessert	Cauliflower	Dessert
	Fritos		Dessert	
		Lettuce, Tomato, Pickles, Onion	office# 9989278	Weekend Meals
2nd Monday 10/14	3rd Tuesday 10/15	3rd Wednesday 10/16	3rd Thursday 10/17	3rd Friday 10/18
Parmesan Cod Fish Strips	Meatloaf over Mashed Potatoes	Spaghetti and Meatballs	Chicken Tenders	Stuffed Peppers
Cape Cod Vegetables	Buttered Carrots	Asparagus	Roasted Potatoes	Wax Beans
Dessert	Dessert	Dessert	Mixed Vegetables	Dessert
*tartar sauce			Dessert and Dipping Sauce	
office #8651994		Garden Salad		Weekend Meals
3rd Monday 10/21	4th Tuesday 10/22	4th Wednesday 10/23	4th Thursday 10/24	4th Friday 10/25
Beef Goulash	Roasted Turkey	Beef Stew	Taco Casserole	Swedish Meatballs over Rice
Peas and Carrots	Cornbread Dressing	Broccoli Casserole	Sweet Corn	Grilled Vegetable Blend
Dessert	Green Beans	Dessert	Beans	Dessert
Roll	Roasted Sweet Potatoes		Dessert	
	Dessert			Weekend Meals
	office #9764341			
4th Monday 10/28	5th Tuesday 10/29	5th Wednesday 10/30	5th Thursday 10/31	
Chicken Fried Rice	Breaded Chicken Sandwich	Chicken Spaghetti	Breakfast Casserole	
Egg Roll	Collard Greens	Seasoned Green Beans	Potatoes Au Gratin	
Stir Fry Vegetable	Pinto Beans	Sweet Potato Casserole	Broccoli	
Dessert	Dessert	Dessert	Dessert	