

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
 <p><b>OCTOBER 2024 HOT MENU</b></p>	<p>Salmon w/Lemon Butter Sauce</p> <p>Green Beans Lentil Soup WW Dinner Roll</p> <p>Diced Peaches</p>	<p>BBQ Chicken</p> <p>Sweet Potatoes Brussels Sprouts Cornbread</p> <p>Fresh Apple Slices</p>	<p>Italian Sausage w/Marinara Sauce</p> <p>Broccoli Cauliflower WW Penne w/Marinara Sauce</p> <p>Pumpkin Sugar Cookie</p>	<p>Pork &amp; Sauerkraut</p> <p>Mashed Potatoes Carrots WW Dinner Roll</p> <p>Vanilla Pudding</p>
7	8	9	10	11
<p>Chicken Scampi</p> <p>California Normandy Veg Blend Buttered WG Penne</p> <p>Jello, Diced Pears</p>	<p>Beef Sloppy Joe</p> <p>Roasted Potato Wedges Side Salad WG Sandwich Roll</p> <p>Fresh Orange</p>	<p>Orange Chicken</p> <p>Stir Fry Vegetable Blend Vegetable Fried Rice</p> <p>Tropical Fruit Cake</p>	<p>Stuffed Pepper</p> <p>Mashed Potatoes Mixed Vegetables WW Dinner Roll</p> <p>Vanilla Greek Yogurt</p>	<p>Cheese Omelet, Turkey Sausage</p> <p>Breakfast Potatoes WW Dinner Roll</p> <p>Fresh Fruit Salad</p>
14	15	16	17	18
<p>Cheeseburger</p> <p>Sweet Potato Fries Hungarian Mushroom WW Sandwich Roll</p> <p>Fresh Clementine</p>	<p>Roast Pork</p> <p>Mashed Potatoes Red Cabbage w/Apples WW Dinner Roll Chocolate Chip Cookie</p>	<p>Baked Fish w/Lemon Butter Sauce</p> <p>Wax Beans Mac &amp; Cheese WW Roll</p> <p>Diced Pineapple</p>	<p>Stuffed Chicken Breast w/Gravy</p> <p>Brussels Sprouts Parslied Potatoes WW Dinner Roll</p> <p>Chocolate Pudding</p>	<p>Meatballs Marinara</p> <p>Roasted Vegetable Blend WG Spaghetti w/ Sauce</p> <p>Fresh Fruit Salad</p>
21	22	23	24	25
<p>Meatloaf with Gravy</p> <p>Mashed Potatoes Beets WW Dinner Roll</p> <p>Vanilla Greek Yogurt</p>	<p>Chicken Tenders w/BBQ Sauce</p> <p>Green Beans Butternut Squash Soup WW Dinner Roll Strawberry Banana Applesauce</p>	<p>Spanish Style Rice with Beef</p> <p>Peas and Pearl Onions Spanish Brown Rice</p> <p>Fresh Orange</p>	<p>Pork Riblet</p> <p>Baked Beans Side Salad WW Sandwich Roll</p> <p>Fresh Melon</p>	<p>Hawaiian Chicken</p> <p>Broccoli Buttered Brown Rice</p> <p>Cookie Mandarin Oranges</p>
28	29	30	31	
<p>Beef Pepper Steak</p> <p>Peppers &amp; Onions Cauliflower &amp; Peas Buttered Rice WW Roll</p> <p>Fresh Fruit Salad</p>	<p>Salmon w/Lemon Butter Sauce</p> <p>Green Beans Lentil Soup WW Dinner Roll</p> <p>Diced Peaches</p>	<p>BBQ Chicken</p> <p>Sweet Potatoes Brussels Sprouts Cornbread</p> <p>Fresh Apple Slices</p>	<p>Italian Sausage w/Marinara Sauce</p> <p>Broccoli Cauliflower WW Penne w/Marinara Sauce</p> <p>Pumpkin Sugar Cookie</p>	<p>Pork &amp; Sauerkraut</p> <p>Mashed Potatoes Carrots WW Dinner Roll</p> <p>Vanilla Pudding</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>OCTOBER</b>  <b>2024 LITE MENU</b>	<b>Roast Beef &amp; Pepper Jack Sandwich</b>  <b>Broccoli Salad</b> <b>Whole Wheat Bread</b> <b>Fresh Pear</b>	<b>Greek Salad w/ Chicken</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Mixed Fruit</b>	<b>Tuna Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Fresh Orange</b>	<b>Grilled Chicken &amp; Cheese Sandwich</b>  <b>Four Bean Salad</b> <b>WW Sandwich Roll</b>  <b>Fresh Fruit Salad</b>
7	8	9	10	11
<b>Horseradish Roast Beef Sandwich</b>  <b>Diced Beets</b> <b>WW Sandwich Roll</b>  <b>Fresh Orange</b>	<b>Ham &amp; Cheddar Sandwich</b>  <b>Coleslaw</b> <b>Whole Wheat Bread</b>  <b>Pineapple</b>	<b>Chicken Caesar Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Strawberry Banana Applesauce</b>	<b>Honey Mustard BBQ Chix Sandwich</b> <b>Cucumbers w/ Ranch</b> <b>WW Sandwich Roll</b>  <b>Tropical Fruit</b>	<b>Southwest Chicken Ranch Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Fresh Pear</b>
14	15	16	17	18
<b>Turkey &amp; Provolone Sandwich</b>  <b>Three Bean Salad</b> <b>Whole Wheat Bread</b>  <b>Orange</b>	<b>Roast Beef Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Peaches</b>	<b>Harvest Chicken Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Mandarin Oranges</b>	<b>Turkey &amp; Cheddar Sandwich</b>  <b>Broccoli Salad</b> <b>Whole Wheat Bread</b>  <b>Fresh Pear</b>	<b>French Rachel Sandwich</b>  <b>Coleslaw</b> <b>WW Bread</b>  <b>Fresh Fruit Salad</b>
21	22	23	24	25
<b>Turkey and Gouda Sandwich</b>  <b>Baby Carrots w/ Ranch</b> <b>Whole Wheat Bread</b>  <b>Mango</b>	<b>Roast Beef &amp; Pepper Jack Sandwich</b>  <b>Broccoli Salad</b> <b>Whole Wheat Bread</b> <b>Fresh Pear</b>	<b>Greek Salad w/ Chicken</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Mixed Fruit</b>	<b>Tuna Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Fresh Orange</b>	<b>Grilled Chicken &amp; Cheese Sandwich</b>  <b>Four Bean Salad</b> <b>WW Sandwich Roll</b>  <b>Fresh Fruit Salad</b>
28	29	30	31	
<b>Horseradish Roast Beef Sandwich</b>  <b>Diced Beets</b> <b>WW Sandwich Roll</b>  <b>Fresh Orange</b>	<b>Ham &amp; Cheddar Sandwich</b>  <b>Coleslaw</b> <b>Whole Wheat Bread</b>  <b>Pineapple</b>	<b>Chicken Caesar Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Strawberry Banana Applesauce</b>	<b>Honey Mustard BBQ Chix Sandwich</b> <b>Cucumbers w/ Ranch</b> <b>WW Sandwich Roll</b>  <b>Tropical Fruit</b>	<b>Southwest Chicken Ranch Salad</b>  <b>Salad Greens</b> <b>WW Dinner Roll</b>  <b>Fresh Pear</b>