## HOT MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
October	Breast	Stuffed Pepper  Mashed Potatoes  Carrots  Roll	Garlic Butter Chicken  Red Potatoes  Green Beans  Roll	Meatball Marinara with penne pasta Grilled Vegetables Side Salad
	Cancer AWARENESS MONTH	Vanilla Greek Yogurt	Diced Peaches	Jello
6	7	8	9	10
Lemon Pepper Crusted Tilapia	Roast Pork with Gravy	BBQ Beef Brisket Sandwich	Hawaiian Chicken Caribbean	Cheeseburger Butternut Squash
Scalloped Potatoes Carrots, Roll	Sweet Potatoes Wax Beans, Roll	Coleslaw Corn	Vegetable Blend Brown Rice	Soup Potato Wedges
Diced Pears	Fresh Fruit Salad	Fresh Melon	Pound Cake	Fresh Orange
13	14	15	16	17
General Tso's Chicken	Beef Stew	Chicken Scampi with Rotini	Meatloaf with Gravy	Ham and Eggs
Prince Edward Vegetable Blend Brown Rice	Baby Baked Potatoes Carrots, Roll	Broccoli Romanesco Blend, Roll	Mashed Potatoes Mixed Vegetables Roll	Seasoned Potatoes Pepper Blend Cornbread
Mandarin Oranges	Applesauce	Jello	Oatmeal Cookie	Fresh Pear
20	21	22	23	24
Spanish Style Rice with Beef	Ham and Cabbage	French Onion Meatballs	Grilled Cheese Sandwich	Baked Fish with Lemon Butter Sauce
Roasted Corn Black Beans	Red Potatoes Roll	Mashed Potatoes Peas, Roll	Tomato Soup Side Salad	Elbow Macaroni Peas & Carrots
Tropical Fruit	Pineapple	Fresh Fruit Salad	Fresh Orange	Mixed Fruit
27	28	29	30	31
Pork Riblet Sandwich	Chicken Cordon Bleu	Stuffed Pepper  Mashed Potatoes	Garlic Butter Chicken  Red Potatoes	HALLOWEEN Italian Sauage Penne with Marinara Sauce
Vegetarian Baked Beans, Coleslaw	Potato Leek Soup Peas, Roll	Carrots Roll	Green Beans Roll	Winter Vegetable
Sugar Cookie	Fresh Melon	Vanilla Greek Yogurt	Diced Peaches	Blend Pumpkin Bread

Menu Subject to Change

## LITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
October	Breast Cancer AWARENESS MONTH	Greek Salad w/chicken Roll	Cold Meatloaf & Swiss Sandwich Fresh Pepper Strips	Grilled Chicken Sandwich Four Bean Salad
		Tropical Fruit	w/Ranch Fresh Apple Slices	Fresh Pear
6	7	8	9	10
Ham and Cheddar Sandwich	Chicken Caesar Salad	Tuna Salad Sandwich	Roast Beef & Provolone Sandwich	Southwest Chicken Ranch Salad
Fresh Pepper Strips w/ Ranch	Roll	Four Bean Salad	Cucumber Slices w/Ranch	Roll
Fresh Pear	Peaches	Pineapple	Fresh Orange	Mandarin Oranges
13	14	15	16	17
Turkey & Monterey Jack Sandwich	Chef Salad with Turkey	Bologna & Cheddar Sandwich	Mediterranean Chicken Salad	Ham and Swiss Sandwich
Broccoli Slaw	Roll	Fresh Pepper Strips w/Ranch	Roll	Four Bean Salad
Fresh Apple slices	Fresh Orange	Fresh Pear	Mixed Fruit	Tropical Fruit
20	21	22	23	24
Smoked Turkey & Pepper Jack Sandwich	BBQ Chicken Salad	Greek Salad w/chicken	Cold Meatloaf & Swiss Sandwich	Grilled Chicken Sandwich
Cucumber Slices w/Ranch	Roll	Roll	Fresh Pepper Strips w/Ranch	Four Bean Salad
Mixed Fruit	Fresh Orange	Tropical Fruit	Fresh Apple Slices	Fresh Pear
27	28	29	30	31
Ham and Cheddar Sandwich	Chicken Caesar Salad	Tuna Salad Sandwich	Roast Beef & Provolone Sandwich	HALLOWEEN Southwest Chicken Ranch Salad
Fresh Pepper Strips w/ Ranch	Roll	Four Bean Salad	Cucumber Slices w/Ranch	Roll
Fresh Pear	Peaches	Pineapple	Fresh Orange	Mandarin Oranges

Menu Subject to Change