HOT MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4		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
Mac 4 Fider 1	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	Cheeseburger
Scalloped Potatoes Carrots, Roll	Sweet Potatoes Wax Beans, Roll	Coleslaw	Caribbean Vegetable Blend Brown Rice	Butternut Squash 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	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 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	Garlic Butter Chicken	Italian Sauage Penne with
Vegetarian Baked Beans, Coleslaw	Potato Leek Soup Peas, Roll	Mashed Potatoes Carrots Roll	Red Potatoes Green Beans Roll	Marinara Sauce Winter Vegetable Blend
Sugar Cookie	Fresh Melon	Vanilla Greek Yogurt	Diced Peaches	Pumpkin Bread

enu Subject to Change