



























OCTOBER 2024

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
|    | 1<br>Chicken over Quinoa<br>Green Peas<br>Fruit Cocktail<br>Cookie Bar<br>                          | 2<br>Meatloaf<br>Mashed Potatoes/Gravy<br>Tossed Salad w/ Dressing<br>Orange<br>Brownie<br>        | 3<br>Biscuits & Sausage Gravy<br>Eggs<br>Tater Tots<br>Fruit Crisp<br>  | 4<br>Sloppy Joes w/Bun<br>Pork & Beans<br>Mixed Vegetables<br>Cottage Cheese w/Fruit<br>   |
| 7<br>Sausage Bake<br>Green Beans<br>Tossed Salad w/Dressing<br>Roll<br>Applesauce<br>                | 8<br>Chicken Salad Wrap<br>Pasta Salad<br>Pickle<br>Peaches<br>                                     | 9<br>Kalua Pork<br>Hawaiian Rice<br>Black Beans<br>Pineapple<br>Roll<br>                           | 10<br>Roast Turkey<br>Mashed Potatoes/Gravy<br>Carrots<br>Fruit Cocktail<br>Roll<br>                            | 11<br>Beef Stroganoff w/ Rice<br>Carrots<br>Tossed Salad w/ Dressing<br>Apple Crisp<br>  |
| 14<br>Swedish Meatballs<br>Rice<br>Broccoli<br>Orange<br>Roll / Cookie<br>                           | 15<br>Honey Baked Ham<br>Scalloped Potatoes<br>Beets<br>Jello w/Fruit<br>Roll<br>                   | 16<br>Beef & Vegetable Soup<br>Tossed Salad w/ Dressing<br>Corn Bread<br>Apple Crisp<br>          | 17<br>Malibu Chicken<br>Au Gratin Potatoes<br>Broccoli<br>Jello w/Fruit<br>Roll<br>                             | 18<br>Salisbury Steak<br>Mashed Potatoes / Gravy<br>Mixed Vegetables<br>Mandarin Oranges & Roll<br><b>BIRTHDAY CELEBRATION</b><br>   |
| 21<br>Teriyaki Beef Bowl<br>Steamed Rice<br>Broccoli<br>Pineapple<br>Roll<br>                      | 22<br>Country Fried Steak<br>Mashed Potatoes/Gravy<br>Mixed Vegetables<br>Apple<br>Corn Bread<br> | 23<br>Lemon Pepper Chicken<br>Steamed Rice<br>Tossed Salad w/ Dressing<br>Carrots<br>Apple<br>   | 24<br>Beef Taco Salad<br>Black Beans w/Cheese<br>Lettuce, Salad, Ranch<br>Applesauce<br>Tortilla Chips<br>    | 25<br>Roast Pork<br>Loaded Mashed Potatoes<br>Beets / Roll<br>Fruit Cocktail<br>   |
| 28<br>Fish Filets w/ Tartar Sauce<br>Potato Wedges<br>Mixed Vegetables<br>Orange<br>Cookie Bar<br> | 29<br>BBQ Pulled Pork w/ Bun<br>Baked Beans<br>Coleslaw<br>Applesauce<br>                         | 30<br>Creamed Chicken w/ Rice<br>Cheese, Chow Mein<br>Noodles, Coconut<br>Peas<br>Pineapple<br> | 31<br>My Mummy's Chili<br>Corn & Carrots<br>Cottage Cheese w/ Fruit<br>Corn Bread<br>Halloween Cookie Bar<br> | Oct 1 Cr of Potato<br>Oct 2-4 Vegetable Beef Soup<br>Oct 7-11 Chef's Salad<br>Oct 14-15 Chicken Noodle<br>Oct 16-18 Cr of Broccoli<br>Oct 21-25 Chef's Salad<br>Oct 28-29 Cr of Potato<br>Oct 30-31 Vegetable Beef Soup |