

OCTOBER 2019

M.O.W.

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Monday

Tuesday

Wednesday

Thursday

Friday



	1 Cheese Omelet w/Salsa Pork Sausage * Roasted Red Potatoes * Steamed Spinach Muffin (Applesauce)	2 Turkey Divan over Brown Rice <u>Mixed Vegetables</u> Steamed Zucchini * Citrus Fruit	3 Potato Crusted Fish w/Lemon Slice <u>Vegetable Bean Medley</u> * Seasoned Potato Wedges * Creamy Coleslaw Tartar Sauce Seasonal Fresh Fruit	4 Oven Fried Chicken * <u>California Vegetables</u> Whole Kernel Corn Tossed Salad w/Ranch Dressing Tapioca Pudding (Diced Peaches)
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<p>COLD PLATE Asian Chicken Salad * (Mandarin Oranges, Spring Mix, Sesame Seed Dressing, and Crispy Noodles) Apple Juice <u>Carrot Raisin Salad</u> Dinner Roll w/Butter Cookie (Fresh Fruit)</p>	<p>Meatloaf w/Gravy Fruit Punch * Baked Potato w/Butter <u>Mixed Vegetables</u> Seasonal Fresh Fruit</p>	<p>Beer Battered Fish and Chips * <u>Vegetable Bean Medley</u> * <u>Confetti Coleslaw</u> Tartar Sauce, Vinegar Fruit Cocktail</p>	<p>Turkey a la King over Rice * <u>Broccoli Florets</u> * <u>Stewed Tomatoes</u> Orange Gelatin w/Oranges (Diet Orange Gelatin w/Oranges)</p>	<p>OKTOBERFEST! German Sausage * Seasoned Steamed Cabbage * Hot German Potato Salad Mustard Bun Apple Pie (Fresh Apple)</p> 
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<p>COLUMBUS DAY HOLIDAY!</p> 	<p>Seafood Newburg Casserole (with Shrimp & Mock Crab) over Wild Rice Grape Juice <u>Vegetable Bean Medley</u> Green Peas w/Pearl Onions * Tropical Fruit</p>	<p>COLD PLATE Cobb Salad w/Blue Cheese Dressing * Orange Juice * Potato Salad Dinner Roll w/Butter Seasonal Fresh Fruit</p>	<p>NATIONAL PASTA DAY Spaghetti & Meatballs w/Parmesan Cheese Diced Beets * <u>Steamed Spinach</u> Carrot Cake (Fresh Fruit)</p>	<p>Turkey Tamale Pie w/Cornbread Topping * Broccoli & Cauliflower <u>Sliced Carrots</u> Mixed Green Salad w/1000 Island Dressing Diced Pears</p>
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<p>Salisbury Steak w/Onion Gravy * Mashed Potatoes Green Beans * Stewed Tomatoes Vanilla Pudding (Applesauce)</p>	<p>COLD PLATE Chicken Caesar Salad (Mesquite Chicken, Parmesan Cheese, Romaine Lettuce, Cherry Tomatoes, Croutons) * Orange Pineapple Juice * <u>Marinated Veggie Salad</u> Dinner Roll w/Butter Caesar Dressing Seasonal Fresh Fruit</p>	<p>NATIONAL UNITY DAY Pork Carnitas w/Salsa Spanish Rice Steamed Zucchini Tossed Salad w/Ranch Dressing * Mandarin Oranges</p>	<p>Teriyaki Chicken Breast * <u>Broccoli Florets</u> <u>Steamed Carrots</u> Asian Sesame Noodles Fortune Cookie Pineapple Chunks</p>	<p>Breaded Pollock Fillet w/Lemon Slice <u>Mixed Vegetables</u> * Cheesy Scalloped Potatoes * Creamy Coleslaw Fruit Cocktail</p>
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<p>COLD PLATE Mock Crab Salad Sandwich w/Lettuce, Tomato & Onion Grape Juice Marinated Beets & Onions Garden Pea Salad WW Bread x 2 * Citrus Fruit</p>	<p>Turkey Burger w/Cheese <u>Italian Vegetables</u> * Potato Nuggets Lettuce, Tomato & Onion Catsup, Mustard & Mayo Bun Chocolate Pudding (Fresh Fruit)</p>	<p>BBQ Chicken Thigh * <u>Broccoli Florets</u> Whole Kernel Corn * Mashed Potatoes Strawberry Gelatin w/Pears (Diet Strawberry Gelatin w/Pears)</p>	<p>HALLOWEEN CELEBRATION! Frightful All-Beef Hot Dog w/Onions & Cheese * <u>Swampy Steamed Spinach</u> Blood-curdling Baked Beans Catsup, Mustard, Relish Mummy Wrapped Bun Ghoulish Brownie (Freaky Fresh Fruit)</p> 	<p>= Item is higher in sodium * = Vitamin C = Vitamin A () = Dessert of Choice All meals served w/low fat milk.</p>
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