

Monday

Tuesday

Wednesday

Thursday

Friday



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COLD PLATE
Asian Chicken Salad
 * (Mandarin Oranges, Spring Mix, Dressing, and Crispy Noodles)
Apple Juice
Carrot Raisin Salad
Dinner Roll w/Butter
Fresh Fruit

Meatloaf w/Gravy
Fruit Punch
 * **Baked Potato w/Butter**
Mixed Vegetables
Fresh Fruit

Beer Battered Fish and Chips
 * **Vegetable Bean Medley**
 * **Confetti Coleslaw**
Vinegar
Fruit Cocktail

Turkey a la King over Rice
 * **Broccoli Florets**
 * **Stewed Tomatoes**
Diet Orange Gelatin w/Oranges

OKTOBERFEST!
German Sausage
 * **Seasoned Steamed Cabbage**
 * **Hot German Potato Salad**
Mustard
Bun
Fresh Apple



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COLUMBUS DAY HOLIDAY!



Seafood Newburg Casserole (with Shrimp & Mock Crab) over Wild Rice
Grape Juice
Vegetable Bean Medley
Green Peas w/Pearl Onions
 * **Tropical Fruit**

COLD PLATE
Cobb Salad w/Dressing
 * **Orange Juice**
 * **Potato Salad**
Dinner Roll w/Butter
Fresh Fruit

NATIONAL PASTA DAY
Spaghetti & Meatballs w/Parmesan Cheese
Diced Beets
 * **Steamed Spinach**
Fresh Fruit

Turkey Tamale Pie w/Cornbread Topping
 * **Broccoli & Cauliflower**
Sliced Carrots
Mixed Green Salad w/Dressing
Diced Pears

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Salisbury Steak w/Onion Gravy
 * **Mashed Potatoes**
Green Beans
 * **Stewed Tomatoes**
Applesauce

COLD PLATE
Chicken Caesar Salad (Mesquite Chicken, Parmesan Cheese, Romaine Lettuce, Cherry Tomatoes, Croutons)
 * **Orange Pineapple Juice**
 * **Marinated Veggie Salad**
Dinner Roll w/Butter
Dressing
Fresh Fruit

NATIONAL UNITY DAY
Pork Carnitas w/Salsa
Spanish Rice
Steamed Zucchini
Tossed Salad w/Dressing
 * **Mandarin Oranges**

Teriyaki Chicken Breast
 * **Broccoli Florets**
Steamed Carrots
Asian Sesame Noodles
Pineapple Chunks

Baked Fish w/Lemon Sauce
Mixed Vegetables
 * **Cheesy Scalloped Potatoes**
 * **Creamy Coleslaw**
Fruit Cocktail

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COLD PLATE
Mock Crab Salad Sandwich w/Lettuce, Tomato & Onion
Grape Juice
Marinated Beets & Onions
Garden Pea Salad
WW Bread x 2
 * **Citrus Fruit**

Turkey Burger w/Cheese
Italian Vegetables
 * **Potato Nuggets**
Lettuce, Tomato & Onion
Catsup, Mustard & Mayo
Bun
Fresh Fruit

BBQ Chicken Thigh
 * **Broccoli Florets**
Whole Kernel Corn
 * **Mashed Potatoes**
Diet Strawberry Gelatin w/Pears

HALLOWEEN CELEBRATION!
Frightful LS Hot Dog w/Onions & Cheese
 * **Swampy Steamed Spinach**
Blood-curdling Baked Beans
Catsup, Mustard
Mummy Wrapped Bun
Freaky Fresh Fruit

* = Vitamin C
 _ = Vitamin A
 () = Dessert of Choice
 All meals served w/low fat milk.

