

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
October 2019	Cranberry Glazed Pork Loin Butternut Squash Brussels Sprouts Dinner Roll Cinnamon Baked Apples with Dried Cranberries	Rosemary Roast Beef Mashed Potatoes Peas & Pearl Onions Dinner Roll Blushing Pears	Chicken Alfredo Broccoli & Red Peppers Garlic Spinach Bowtie Pasta Chocolate Chip Bread Pudding	Open Face Hot Turkey Sandwich on Whole Wheat Bread Vegetable Soup Chive Mashed Potatoes Honeydew Melon
	7	8	9	10
Beef & Bean Chili Chuckwagon Corn Brown Rice Fresh Fruit Salad	Italian Pork Chop Italian Green Beans Roasted Red Potatoes Dinner Roll Grapes	Pineapple Chicken Tropical Vegetable Medley Cilantro Lime Brown Rice Crackers Tropical Fruit	Beef Monterey Cheesy Mashed Potatoes Sautéed Peppers & Onions Dinner Roll Scalloped Peaches	Turkey Harvest Salad Pumpkin Soup Chilled Beets Dinner Roll Fresh Apple Slices
14	15	16	17	18
Baked Onion Lemon Whitefish Stewed Tomatoes Broccoli Macaroni & Cheese Ambrosia	Beef Dijon Cauliflower au Gratin Sautéed Red Cabbage Dinner Roll Spiced Apricots	Creamed Turkey Mixed Vegetables Mashed Potatoes Biscuit Orange Gelatin	Pork & Pea Carbonara Italian Vegetable Blend Spaghetti Fresh Fruit Salad	Cheeseburger French Onion Soup Carrot Raisin Salad Sandwich Roll Orange
21	22	23	24	25
Ranch Baked Chicken Mashed Sweet Potatoes Green & Wax Beans Dinner Roll Pineapple	Herbed Roast Pork Dilled Carrots Sautéed Cabbage mixed with Noodles Crackers Cantaloupe	Mustard Dill Baked Whitefish Potatoes Au Gratin Broccoli Dinner Roll Raisin Cookie	Roast Turkey Roasted Carrots & Parsnips Green Bean Casserole Bread Stuffing Pumpkin Mousse	Spaghetti with Meat Sauce Minestrone Soup Garlic Spinach Pineapple
28	29	30	31	
Ginger Chicken Stir Fry Vegetables Brown Rice Dinner Roll Orange	Turkey Diane Mashed Potatoes Brussels Sprouts Medley Dinner Roll Apple Bread Pudding	Cranberry Glazed Pork Loin Butternut Squash Brussels Sprouts Dinner Roll Cinnamon Baked Apples with Dried Cranberries	Rosemary Roast Beef Mashed Potatoes Peas & pearl Onions Dinner Roll Blushing Pears	