October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Garlic Butter Chicken Red Potatoes Green Beans WW Roll Diced Peaches	Meatballs Marinara Side Salad Buttered Grilled Vegetables Penne with Sauce Jello
5	6	7	8	9
Ham w/Pineapple Sauce Scalloped Potatoes Carrots WW Roll Diced Pears	Breaded Pork Patty w/Gravy Sweet Potatoes Buttered Wax Beans WW Roll Fresh Fruit Salad	Sloppy Joe Coleslaw Corn WW Sandwich Roll Fresh Melon	Orange Chicken Caribbean Vegetable Blend Buttered Brown Rice Pound Cake	Cheeseburger French Onion Soup Roasted Potato Wedges WW Sandwich Roll Fresh Orange
12	13	14	15	16
Italian Pork Loin Sauerkraut Mashed potatoes Mandarin Oranges WW Roll	Beef Stew Baby Baked Potatoes Carrots WW Biscuit Applesauce	Chicken Scampi Broccoli Romanesco Blend WW Pasta Jello	Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables WW Roll Oatmeal Cookie	Chicken Parmesan Side Salad Buttered Rotini Mozzarella Cheese Fresh Orange
19	20	21	22	23
Spanish Style Rice w/Beef Roasted Corn and Black Beans Spanish Style Rice Tropical Fruit	Turkey Kielbasa Sauteed Cabbage Buttered Red Potatoes WW Roll Fresh Pineapple	French Onion Meatballs Mashed Potatoes Peas WW Roll Fresh Fruit Salad	Chicken Tenders w/ BBQ Sauce Green Beans Cheddar Broccoli Soup Roll Fresh Orange	Baked Fish w/Lemon Butter Peas & Carrots WG Buttered Macaroni Mixed Fruit
26	27	28	29	30
Pork Riblet Vegetarian Baked Beans Coleslaw WW Sandwich Roll Sugar Cookie	Chicken Cordon Bleu Potato Leek Soup Peas WW Roll Fresh Melon	Stuffed Pepper Mashed Potatoes Buttered Carrots WW Roll Vanilla Greek Yogurt	Garlic Butter Chicken Red Potatoes Green Beans WW Roll Diced Peaches	SPECIAL MEAL Italian Sausage w/ Penne Winter Vegetable Blend WW Penne Pasta w/Marinara Pumpkin Bread Jello

October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Cold Meatloaf & Swiss Sandwich Fresh Pepper Strips WW Club Roll Fresh Apple Slices	Grilled Chicken Sandwich Four Bean Salad WW Kaiser Roll Fresh Pear
5	6	7	8	9
Ham and Swiss Sandwich Coleslaw Whole Wheat Bread Fresh Pear Sweet & Sour Cup	Chicken Caesar Salad WW Dinner Roll Peaches Caesar Dressing	Turkey Cobb Salad WW Dinner Roll Mandarin Oranges Balsamic Vinaigrette	Tuna Salad Sandwich Four Bean Salad WW Sandwich Roll Pineapple	Roast Beef & Provolone Sandwich Diced Beets WW Bread Fresh Orange Horseradish
12	13	14	15	16
Turkey & Monterey Jack Sandwich Broccoli Salad WW Bread Fresh Apple Slices	Chef Salad w/Turkey WW Dinner Roll Fresh Orange Thousand Island Dressing	Spring Salad w/ Chicken WW Dinner Roll Mixed Fruit Raspberry Vinaigrette	Ham &Cheddar Sandwich Fresh Pepper Strips WW Bread Fresh Pear	Egg Salad Sandwich Four Bean Salad Kaiser Roll Tropical Fruit
19	20	21	22	23
Smoked Turkey & Pepper Jack Sandwich Diced beets WW Bread Mixed Fruit	BBQ Chicken Salad WW Dinner Roll Fresh Orange Ranch Dressing	Greek Salad w/ Chicken WW Dinner Roll Tropical Fruit Greek Dressing	Cold Meatloaf & Swiss Sandwich Fresh Pepper Strips WW Club Roll Fresh Apple Slices	Grilled Chicken Sandwich Four Bean Salad WW Kaiser Roll Fresh Pear
26	27	28	29	30
Ham and Swiss Sandwich Coleslaw WW Bread Fresh Pear Sweet & Sour Cup	Chicken Caesar Salad WW Dinner Roll Peaches Caesar Dressing	Turkey Cobb Salad WW Dinner Roll Mandarin Oranges Balsamic Vinaigrette	Tuna Salad Sandwich Four Bean Salad WW Sandwich Roll Pineapple	Roast Beef & Provolone Sandwich Diced Beets WW Bread Fresh Orange