

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
 <p>OCTOBER 2024 HOT MENU</p>	<p>Salmon w/Lemon Butter Sauce</p> <p>Green Beans Lentil Soup WW Dinner Roll</p> <p>Diced Peaches</p>	<p>BBQ Chicken</p> <p>Sweet Potatoes Brussels Sprouts Cornbread</p> <p>Fresh Apple Slices</p>	<p>Italian Sausage w/Marinara Sauce</p> <p>Broccoli Cauliflower WW Penne w/Marinara Sauce</p> <p>Pumpkin Sugar Cookie</p>	<p>Pork & Sauerkraut</p> <p>Mashed Potatoes Carrots WW Dinner Roll</p> <p>Vanilla Pudding</p>
7	8	9	10	11
<p>Chicken Scampi</p> <p>California Normandy Veg Blend Buttered WG Penne</p> <p>Jello, Diced Pears</p>	<p>Beef Sloppy Joe</p> <p>Roasted Potato Wedges Side Salad WG Sandwich Roll</p> <p>Fresh Orange</p>	<p>Orange Chicken</p> <p>Stir Fry Vegetable Blend Vegetable Fried Rice</p> <p>Tropical Fruit Cake</p>	<p>Stuffed Pepper</p> <p>Mashed Potatoes Mixed Vegetables WW Dinner Roll</p> <p>Vanilla Greek Yogurt</p>	<p>Cheese Omelet, Turkey Sausage</p> <p>Breakfast Potatoes WW Dinner Roll</p> <p>Fresh Fruit Salad</p>
14	15	16	17	18
<p>Cheeseburger</p> <p>Sweet Potato Fries Hungarian Mushroom WW Sandwich Roll</p> <p>Fresh Clementine</p>	<p>Roast Pork</p> <p>Mashed Potatoes Red Cabbage w/Apples WW Dinner Roll Chocolate Chip Cookie</p>	<p>Baked Fish w/Lemon Butter Sauce</p> <p>Wax Beans Mac & Cheese WW Roll</p> <p>Diced Pineapple</p>	<p>Stuffed Chicken Breast w/Gravy</p> <p>Brussels Sprouts Parslied Potatoes WW Dinner Roll</p> <p>Chocolate Pudding</p>	<p>Meatballs Marinara</p> <p>Roasted Vegetable Blend WG Spaghetti w/ Sauce</p> <p>Fresh Fruit Salad</p>
21	22	23	24	25
<p>Meatloaf with Gravy</p> <p>Mashed Potatoes Beets WW Dinner Roll</p> <p>Vanilla Greek Yogurt</p>	<p>Chicken Tenders w/BBQ Sauce</p> <p>Green Beans Butternut Squash Soup WW Dinner Roll Strawberry Banana Applesauce</p>	<p>Spanish Style Rice with Beef</p> <p>Peas and Pearl Onions Spanish Brown Rice</p> <p>Fresh Orange</p>	<p>Pork Riblet</p> <p>Baked Beans Side Salad WW Sandwich Roll</p> <p>Fresh Melon</p>	<p>Hawaiian Chicken</p> <p>Broccoli Buttered Brown Rice</p> <p>Cookie Mandarin Oranges</p>
28	29	30	31	
<p>Beef Pepper Steak</p> <p>Peppers & Onions Cauliflower & Peas Buttered Rice WW Roll</p> <p>Fresh Fruit Salad</p>	<p>Salmon w/Lemon Butter Sauce</p> <p>Green Beans Lentil Soup WW Dinner Roll</p> <p>Diced Peaches</p>	<p>BBQ Chicken</p> <p>Sweet Potatoes Brussels Sprouts Cornbread</p> <p>Fresh Apple Slices</p>	<p>Italian Sausage w/Marinara Sauce</p> <p>Broccoli Cauliflower WW Penne w/Marinara Sauce</p> <p>Pumpkin Sugar Cookie</p>	<p>Pork & Sauerkraut</p> <p>Mashed Potatoes Carrots WW Dinner Roll</p> <p>Vanilla Pudding</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
OCTOBER  2024 LITE MENU	Roast Beef & Pepper Jack Sandwich Broccoli Salad Whole Wheat Bread Fresh Pear	Greek Salad w/ Chicken Salad Greens WW Dinner Roll Mixed Fruit	Tuna Salad Salad Greens WW Dinner Roll Fresh Orange	Grilled Chicken & Cheese Sandwich Four Bean Salad WW Sandwich Roll Fresh Fruit Salad
7	8	9	10	11
Horseradish Roast Beef Sandwich Diced Beets WW Sandwich Roll Fresh Orange	Ham & Cheddar Sandwich Coleslaw Whole Wheat Bread Pineapple	Chicken Caesar Salad Salad Greens WW Dinner Roll Strawberry Banana Applesauce	Honey Mustard BBQ Chix Sandwich Cucumbers w/ Ranch WW Sandwich Roll Tropical Fruit	Southwest Chicken Ranch Salad Salad Greens WW Dinner Roll Fresh Pear
14	15	16	17	18
Turkey & Provolone Sandwich Three Bean Salad Whole Wheat Bread Orange	Roast Beef Salad Salad Greens WW Dinner Roll Peaches	Harvest Chicken Salad Salad Greens WW Dinner Roll Mandarin Oranges	Turkey & Cheddar Sandwich Broccoli Salad Whole Wheat Bread Fresh Pear	French Rachel Sandwich Coleslaw WW Bread Fresh Fruit Salad
21	22	23	24	25
Turkey and Gouda Sandwich Baby Carrots w/ Ranch Whole Wheat Bread Mango	Roast Beef & Pepper Jack Sandwich Broccoli Salad Whole Wheat Bread Fresh Pear	Greek Salad w/ Chicken Salad Greens WW Dinner Roll Mixed Fruit	Tuna Salad Salad Greens WW Dinner Roll Fresh Orange	Grilled Chicken & Cheese Sandwich Four Bean Salad WW Sandwich Roll Fresh Fruit Salad
28	29	30	31	
Horseradish Roast Beef Sandwich Diced Beets WW Sandwich Roll Fresh Orange	Ham & Cheddar Sandwich Coleslaw Whole Wheat Bread Pineapple	Chicken Caesar Salad Salad Greens WW Dinner Roll Strawberry Banana Applesauce	Honey Mustard BBQ Chix Sandwich Cucumbers w/ Ranch WW Sandwich Roll Tropical Fruit	Southwest Chicken Ranch Salad Salad Greens WW Dinner Roll Fresh Pear