

OCTOBER 2021 WEEKDAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Yogurt Cranberry Sauce
4 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce	5 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	6 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread	7 Turkey & Swiss on Roll with Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon	8 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
11 Salmon with Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding	12 Breaded Chicken Breast Mashed Potatoes with Gravy Green Beans Tropical Fruit	13 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce	14 Hamburger with Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers	15 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish
18 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	19 Bratwurst Sauerkraut Pierogi German Chocolate Cake Marble Rye Bread	20 Pot Roast with Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream	21 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	22 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae
25 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	26 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding	27 Meatloaf with Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll	28 Chili with Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	29 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread

OCTOBER 2021 WEEKEND BAG SUPPER MENU

SATURDAY	SUNDAY
2 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	3 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup - Yogurt
9 Grilled Chicken Patty on Hamburger Roll with Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding	10 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
16 Chicken Salad On Pita Marinated Bean Salad Pear or Apple - Yogurt	17 Grilled Chicken Patty on Hamburger Roll with Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding
23 Egg Salad on White Wheat Bread with Lettuce & Tomato Peaches Chocolate Pudding	24 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange
30 Egg Salad on White Wheat Bread with Lettuce & Tomato Peaches Chocolate Pudding	31 Meatloaf on Potato Bread Potato Salad Diced Peaches