



October 2020 Menu

Mon	Tue	Wed	Thu	Fri
Sept. 28 Baked Spaghetti Fruit Crisp Green Peas Toss Salad Roll Oatmeal Raisin Cookies	Sept. 29 BBQ Chicken Over Rice Squash Casserole Lima Beans Fresh Fruit Broccoli Salad Mixed Fruit	Sept. 30 Stuffed Baked Potato Chili Broccoli Shredded Cheese Applesauce Fresh Fruit / Sour Cream	1 Meat Loaf Mashed Potatoes w/ Gravy Steamed Squash Roll Fresh Fruit Fruited Jell-O	2 Breakfast Omelet w/ Ham & Cheese Hashbrowns Cinnamon Apples Fresh Fruit Roll Peaches
5 Beef Stroganoff w/ Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Assorted Cookies	6 Chicken Breast w/ Lemon Sauce Roasted Potatoes Ratatouille Cucumber Salad Fresh Fruit Fig Bar	7 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fresh Fruit Applesauce	8 Pork Loin w/ Mustard Sauce Cabbage Creamed Spinach Roll Fresh Fruit Brownie	9 Hamburger Patty w/ Gravy Squash Casserole Lima Beans Roll Fresh Fruit Carrot Raisin Salad
12 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Fresh Fruit Applesauce Brownie	13 Harvest Pork Stew Turnip Greens Rice Roll Lemon Pudding Fresh Fruit	14 Sweet & Sour Chicken w/ Rice Peas & Carrots Green Beans Roll Fruit Cocktail Brownie	15 Salisbury Steak w/ Gravy Mashed Potatoes Baby Carrots w/ Melted Butter Roll Pears Tomato & Cucumber Salad	16 Sliced Ham w/ Pineapple Broccoli Casserole Sweet Potatoes Cornbread Muffin Mandarin Oranges Applesauce
19 Beef Tips over Rice Broccoli Stewed Tomatoes Roll Three Bean Salad Fresh Fruit	20 Hawaiian Chicken Lima Beans Ratatouille Roll Mandarin Oranges Fresh Fruit	21 Pinto Beans Collard Greens Succotash Cornbread Muffin Potato Salad Fresh Fruit	22 Turkey Tetrazzini Corn Green Beans Roll Cucumber Salad Fresh Fruit	23 Chicken & Dumplings Roasted Sweet Potatoes Harvard Beets Sliced Pears Fresh Fruit Assorted Cookies
26 Carved Turkey Breast w/ Dressing & Gravy Scalloped Potatoes Green Beans Fruited Jell-O Mandarin Oranges Ginger Cookies	27 Chicken Fajitas Red Beans & Rice Cinnamon Peaches Lettuce/Diced Tomato Shredded Cheese Soft Tortillas/Sour Cream Packet	28 Chile Con Carne Green Peas Cinnamon Apples Cornbread Fresh Fruit Coleslaw	29 Chicken Marsala Broccoli Cauliflower Medley Black-Eyed Peas Roll Tropical Fruit Salad Assorted Cookies	30 Salisbury Steak w/ Gravy Mashed Potatoes Baby Carrots w/ Melted Butter Roll Pears Tomato & Cucumber Salad