



# October 2021 Menu



Mon	Tue	Wed	Thu	Fri
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b> </div>	<u>Meat Substitute Meal</u> Chopped Steak Carrots Cabbage Cornbread Pears Congealed Salad	<u>Veggie Substitute Meal</u> Pinto Beans Carrots Cabbage Cornbread Pears Congealed Salad		<b>1</b> Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Roll Black Bean Salad Seedless Grapes
	<b>4</b> Baked Spaghetti Carrots Apple Crisp Roll Pea Salad Seedless Grapes	<b>5</b> BBQ Chicken Breast Squash Casserole Green Beans Broccoli Cauliflower Salad Fruit Gelatin Tropical Fruit Salad	<b>6</b> Stuffed Baked Potato Chili Broccoli Shredded Cheese / Sour Cream Applesauce Waldorf Salad	<b>7</b> Pork Loin w/ Mustard Glaze Cabbage Black Beans Roll Cranberry Gelatin Salad Fruit
<b>11</b> Beef Stroganoff w/ Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Cookie	<b>12</b> Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille 7 Layer Salad w/ Ranch Dressing Fruit Tropical Fruit Salad	<b>13</b> Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fruit Pears	<b>14</b> Meatloaf Mashed Potatoes w/ Gravy Broccoli Roll Fruit Gelatin Waldorf Salad	<b>15</b> Turkey Tetrizzini Carrots Green Beans Roll Marinated Tomato Salad Fruit
<b>18</b> Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie	<b>19</b> Chicken & Dumplings Black-Eyed Peas Turnip Greens Coleslaw Waldorf Salad Fruit	<b>20</b> Chicken & Rice Casserole Carrots Green Beans Cucumber Salad Fruit Cookies	<b>21</b> Country Style Steak w/ Gravy Cheesy Potatoes Spinach Roll Tomato & Cucumber Salad Pears	<b>22</b> Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Peaches
<b>25</b> Beef Tips over Rice Carrots Apple Crisp Caesar Salad Three Bean Salad Fruit Gelatin	<b>26</b> Grilled Chicken Breast Lima Beans Cauliflower w/ Cheese Roll Marinated Tomato Salad Fruit	<b>27</b> Pinto Beans Collard Greens Mac & Cheese Cornbread Muffin 7 Layer Salad w/ Ranch Dressing Fruit	<b>28</b> Hamburger Patty Oven Roasted Potatoes Baked Beans Hamburger Bun Coleslaw Fruit	<b>29</b> Chicken & Noodles Broccoli Harvard Beets Sliced Pears Fruit Gelatin Vanilla Wafers

You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day.  
 You must call our Office at 704-633-0352 by noon the day before you want a substitute meal.