

# October 2022 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
<b>3</b> Baked Spaghetti Carrots Apple Crisp Roll Pea Salad Seedless Grapes	<b>4</b> Fish w/ Red Sauce over Rice Spinach Broccoli Coleslaw Pickled Beets Fruit	<b>5</b> BBQ Chicken Breast Squash Casserole Green Beans Broccoli Cauliflower Salad Fruit Gelatin Tropical Fruit Salad	<b>6</b> Pork Loin w/ Mustard Glaze Cabbage Black-Eyed Peas Roll Fruit Gelatin Fruit	<b>7</b> Breakfast Omelet w/ Ham & Spinach Oven Browned Potatoes Cinnamon Apples Cornbread Muffin Peaches Cottage Cheese
<b>10</b> Beef Stroganoff w/ Egg Noodles Green Beans Carrots Beet Salad Mandarin Oranges Cookie	<b>11</b> Chicken & Dumplings Cabbage Turnip Greens Coleslaw Waldorf Salad Fruit	<b>12</b> Shepherd's Pie Stewed Tomatoes Corn Broccoli Salad Fruit Brownie	<b>13</b> Chopped Steak Patty Carrots Green Beans Cucumber Salad Fruit Cookies	<b>14</b> Chicken Tetrazzini Carrots Green Beans Roll Marinated Tomato Salad Fruit
<b>17</b> Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fruit Pears	<b>18</b> Chicken Breast w/ Herb Sauce Roasted Potatoes Squash Medley Yellow Cake Square Fruit Tropical Fruit Salad	<b>19</b> Meatloaf Mashed Potatoes w/ Gravy Broccoli Roll Fruit Gelatin Waldorf Salad	<b>20</b> Country Style Steak w/ Gravy Cheesy Potatoes Spinach Roll Tomato & Cucumber Salad Pears	<b>21</b> Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Fruit
<b>24</b> Beef Tips over Rice Carrots Apple Crisp Vanilla Cake Square Three Bean Salad Fruit Gelatin	<b>25</b> Chicken Marsala Lima Beans Cauliflower w/ Cheese Roll Marinated Tomato Salad Fruit	<b>26</b> Pinto Beans Collard Greens Mac & Cheese Cornbread Muffin Sliced Cucumbers & Ranch Dressing Fruit	<b>27</b> Hamburger Patty Oven Roasted Potatoes Baked Beans Hamburger Bun/Mustard/Ketchup Coleslaw Fruit	<b>28</b> Chicken & Noodle Casserole Broccoli Harvard Beets Sliced Pears Fruit Gelatin Vanilla Wafers
<b>31</b> Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Black Bean Salad Yellow Cake Square Fruit  			<u>Meat Substitute Meal</u> Chopped Steak Carrots Cabbage Cornbread Fruit Congealed Salad	<u>Veggie Substitute Meal</u> Pinto Beans Carrots Cabbage Cornbread Fruit Congealed Salad