

# October 2023 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
<b>2</b> Hamburger Patty Broccoli Lima Beans Three Bean Salad Wheat Bun Fruit Cocktail	<b>3</b> Chicken Parmesan Spinach Oven Roasted Potatoes Pea Salad Fruit Applesauce	<b>4</b> Beef Chile w/ Beans Rice Cinnamon Apples Cornbread Coleslaw Fruit	<b>5</b> Turkey Tetrzzini Corn Green Beans Spinach Salad Fruit Fruit	<b>6</b> Roasted Chicken Carrots Brussels Sprouts Wheat Roll Dill Cucumber Salad Fruit
<b>9</b> Chopped Steak w/ Gravy Green Peas Cheesy Cauliflower Beets Fruit Carrot Raisin Salad	<b>10</b> Pinto Beans Collard Greens Mac & Cheese Cornbread Marinated Vegetable Salad Fruit	<b>11</b> Beef Stroganoff over Noodles Squash Medley Baked Apples Marinated Vegetable Salad Fruit Cookie	<b>12</b> Carved Turkey & Dressing w/ Gravy Mashed Potatoes Brussels Sprouts Wheat Roll Broccoli Salad Fruit	<b>13</b> Chicken Cordon Bleu Vegetable Medley Cabbage Marinated Tomatoes & Cucumbers Fruit Gelatin Fruit
<b>16</b> Baked Spaghetti Spinach Corn Broccoli Cauliflower Salad Fruit Applesauce	<b>17</b> Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Fruit	<b>18</b> Chicken Marsala over Egg Noodles Green Peas Cauliflower Fruit Spinach Salad Yellow Cake Square	<b>19</b> Pork Loin w/ Pineapple Glaze Turnip Greens Stewed Apples Wheat Roll Sweet & Sour Coleslaw Carrot Raisin Salad	<b>20</b> Beef Goulash Squash & Zucchini Cinnamon Peaches Black Bean Salad Fruit Gelatin Fruit
<b>23</b> Carved Ham Cabbage Vegetable Medley Potato Salad Fruit Cake Square	<b>24</b> Shepherd's Pie Stewed Tomatoes Corn Broccoli Cauliflower Salad Fruit Gelatin Fruit	<b>25</b> Baked Mac & Cheese Pinto Beans Collard Greens Cornbread Carrot Raisin Salad Fruit	<b>26</b> Beef Stew Vegetable Medley Spinach Fancy Apple Salad Fruit Brownie	<b>27</b> Stuffed Baked Potato Chili Broccoli Shredded Cheese / Sour Cream Applesauce Waldorf Salad
<b>30</b> Cuban Chicken Turnip Greens Corn Macaroni Salad Fruit Applesauce	<b>31</b> Baked Fish w/ Red Sauce Vegetable Medley Green Beans Coleslaw Fruit Tropical Fruit Whip		<u>Meat Substitute Meal</u> Chopped Steak Carrots Cabbage Wheat Roll Seasonal Fruit Fruit Gelatin	<u>Vegetable Substitute Meal</u> Pinto Beans Carrots Cabbage Wheat Roll Seasonal Fruit Fruit Gelatin