


Alternate Meals Available:

1st and 3rd week-Soup & Sandwich
 2nd and 4th week-Salad
 5th-Salad



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Flaky Homemade Biscuits with Country Gravy(33) Scrambled Eggs(08) Pork Sausage Links(0) Fresh Naval Orange(22)	2 Smoked Ham and White Beans(25) Braised Cabbage(03) Sweetened Apple Sauce (14) Fresh Corn Bread(33)	3 Three Cheese Tortellini with Basil Marinara Sauce(28) Garden Green Salad(2) Diced Carrots(6) Cinnamon Apple Crisp(67) Fresh Baked Roll(15)	4 National Taco Day Ground Beef Taco Salad Corn Tortilla Chips, Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Kidney Beans, Ranch Dressing ,Taco Sauce , Sour Cream(40) Diced Pears(11)	5 Country Fried Steak(4) Mashed Potatoes & Country Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Peaches(18)
8  Columbus Day NO MEAL	9 Broiled Bratwurst with Fresh Baked Hoagies(17) Sauerkraut(04) Mixed Fruit and Jell-O(09) Hot Potato Salad(22) Cinnamon Apple Crisp(67)	10 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)	11 Savory Corn Chowder(22) Seasoned Green Beans(2) Granny Smith Apple Crisp (28) Fresh Baked Roll(15)	12 Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(7) Fresh Baked Roll(15)
15 Swedish Meatballs(39) Rice(21) Carrots(6) Peaches(18) Fresh Baked Roll(16)	16 Three Bean Beef Chili(3) California Blend Veg(18) Fresh Baked Fruit Crisp(67) Corn Bread (28)	17 Teriyaki Chicken Bowl(8) Steamed Brown Rice(21) Fresh Steamed Broccoli(4) Banana(27) Fresh Baked Roll(15)	18 Shepherd's Pie(79) Diced Seasoned Carrots(6) Cottage Cheese & Mixed Fruit(12) Chocolate Brownie(23)	19 Garlic Roasted Beef Round(0) Herb Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(8) Fresh Baked Roll(16)
22 Honey Baked Ham(0) Scalloped Potatoes(13) Diced Beets(6) Fresh Corn Bread(33) Tropical Fruit(8)	23 Homemade Chicken Pot Pie(14) Fresh Baked Biscuit(25) Garden Green Salad(2) Diced Pears(15) Fresh Baked Brownie(23)	24 Homemade Meat Loaf(3) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Naval Orange(22)	25 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll(15)	26 Roast Turkey Breast(3) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrots(6) Fresh Baked Roll(16) Mandarin Oranges(11)

<p>29</p> <p>Salisbury Steak(5) Garlic Mashed Potatoes and Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Jello Cup with Fruit(9)</p>	<p>30</p> <p>Ms. Helen's Cheesy Beef Lasagna(19) Green Beans(2) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)</p>	<p>31 Halloween</p> <p>Honey Dipped Bat Wings(23) Dracula's Yellow Teeth(14) Frog Eye Salad(9) Wicked Witches Apple(28) Day Old Roll(16) Pumpkin Cookie(6)</p>	<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>
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Suggested Donation \$3/meal

Menu is subject to change