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THIS MENU SUBJECT TO CHANGE  
 WITHOUT NOTICE

**Oct 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Salad Sandwich on WW Bread w/ Lettuce and Tomato Corn Chowder Grapes Peanut Butter Cookie	3 Scrambled Eggs Hash Brown Patty Yogurt Cantaloupe WW Biscuit Orange Juice	4 Turkey & Stuffing with Gravy Mashed Potatoes Butternut Squash WW Roll Homemade Birthday Cake	5 Chicken Cacciatore Noodles Tossed Salad w/Tomatoes WW Roll	6 WW Breaded Fish Brown Rice Pilaf Homemade Cornbread Seasoned Spinach Orange
9 White Chicken Chili Tossed Salad w/Tomatoes. WW Roll Mixed Melons	10 Sausage Gravy w/ WW Biscuit Yogurt Roasted Potatoes Strawberries Apple Juice	11 Meatloaf W/ Gravy Mashed Potatoes Mixed Vegetables WW Roll Apple Cobbler	12 Tuna Salad Sandwich on WW Bread w/ Lettuce & Tomato Carrot Raisin Salad Pears	13 Sheppard's Pie Tossed Salad w/ Tomatoes. WW Roll Cherry Pie
16 Cheeseburger on WW Roll w/ Lettuce and Tomatoes Cole Slaw Mandrin Oranges	17 WW French Toast Sticks Hard Boiled Eggs Roasted Potatoes Banana Large Oatmeal Cookie Orange Juice	18 Baked Ham w/ Raisin Sauce Scalloped Potatoes Ginger Seasoned Carrots WW Roll Upside Down Pineapple Cake	19 Lasagna Tossed Salad w/ Tomatoes. WW Garlic Bread Pears	20 Herb Baked Chicken Mashed Potatoes Mixed Vegetables WW Roll Mango & Papaya
23 Chicken Alfredo WW Pasta Seasoned Broccoli Tossed Salad W/ Tomatoes WW Roll Fresh Pineapple	24 Spinach & Mozzarella Quiche Roasted Potatoes Yogurt Homemade WW Blueberry Muffins Orange Juice	25 Roasted Pork Loin, Gravy & Mashed Potatoes Seasoned Carrots WW Roll Strawberry Shortcake	26 Cheese Ravioli w/ Marinara Sauce and Shredded Mozzarella Tossed Salad w/ Tomatoes. WW Roll Fruit Cocktail	27 Chef Salad with Turkey, Ham, Eggs & Shredded Cheese WW Roll Cantaloupe Apple Dump Cake
30 Stuffed Green Pepper w/ Hamburger and Brown Rice Tossed Salad w/ Tomatoes. WW Roll Dish of Dirt	31 Cheesy Grits Hard Boiled Eggs Hash Brown Patty Banana Pumpkin Muffins			