

October Meals

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Alternates Eggs Made to Order Toast Oatmeal Cream of Wheat Variety of Cold Cereal	<i>*Side salad and soup of the day can be added to any lunch or dinner order.</i> <i>**Seasonal fresh fruit available for breakfast</i>	Lunch & Dinner Alternates Hamburger/Cheeseburger Tuna Salad Egg Salad Deli Sandwich Grilled Cheese	Lunch & Dinner Alternates Campbell's Tomato Soup Campbell's Chicken Noodle Grilled Ham & Cheese Soup of the Day Baked Potato	1 French Toast, Hashbrown Turkey Harvest Croissant, Roasted Fall Vegetables, Fresh Berries Gourmet Grilled Cheese, Homemade Tomato Soup SOUP: Taco	2 Waffles, Egg Meatloaf, Baked Potato w/ Topping, Strawberry Mandarin Salad Crab Salad, Avocado & Tomato Slices SOUP: Taco	3 Breakfast Berry Bake Creamy Chicken, Steamed Rice (MC: Potato), Candied Yams Sloppy Joes, Roasted Ranch Potatoes, Deviled Egg SOUP: Chicken Noodle
4 Coffee Cake, Eggs Ham, Cheesy Potatoes, Watergate Salad, Honey Glazed Carrots Shepherd's Pie, Roll, Garden Salad SOUP: Chicken Noodle	5 Muffins, Yogurt Pot Roast Mashed Potatoes w/ Gravy, Roasted Butternut Squash Broccoli & Cheese Soup, Artisan Bread SOUP: French Onion	6 Crepes, Mixed Berries Chicken Strawberry Spinach Pasta Salad, Homemade French Peasant Bread Beef Enchilada, Black Bean Salsa, Guacamole SOUP: French Onion	7 Danish, Yogurt Parfait Harvest Bowls (Brussel Sprouts, Sweet Potatoes, Cranberries, Rice), Roll Chicken Salad on Croissant, Fresh Fruit Cup SOUP: Minestrone	8 Biscuit & Gravy Fresh Salmon, Dill Sauce, Orzo, Squash Sautee, Seasonal Berry Cup 4 Cheese Mac & Cheese, Roll SOUP: Minestrone	9 Scrambled Egg Muffin Beef Fajitas, Refried Beans, Fiesta Rice, Salsa, Guacamole Ham Sliders, Chips w/ Dip, Watermelon Feta Salad SOUP: Italian Chowder	10 Egg, Toast, Hashbrown Fish & Chips, Tartar & Fry Sauce, Apple Coleslaw Italian Beef Sandwiches, French Fries, Frog Eye Salad SOUP: Italian Chowder
11 Avocado Toast, Eggs Turkey, Stuffing, Mashed Potatoes, Gravy, Green Beans, Roll Harvest Pear Salad, Roll SOUP: Mushroom	12 Quiche Stuffed Chicken, Roasted Fall Vegetables, Spinach Berry Salad Egg Salad, Chips, Watermelon Slices SOUP: Mushroom	13 Bagel, Cream Cheese Ziti, Garlic Breadstick, Caesar Salad Tacos, Refried Beans, Salsa, Guacamole SOUP: Chicken Tortilla	14 Cereal & English Muffin Fried Chicken (MC:Tenders), Mashed Potatoes w/ Gravy, Buttered Corn Beef Stew, Cheesy Biscuit SOUP: Chicken Tortilla	15 French Toast, Hashbrown Brisket, Baked Potato, Baked Beans, Cornbread Chicken Alfredo Pasta, Broccoli SOUP: Corn Chowder	16 Waffles, Egg Fall Chicken Thigh & Veggie Skillet (Brussel Sprouts, Butternut, Cauliflower) Reuben Sandwich, Sweet Potato Fries SOUP: Corn Chowder	17 Breakfast Berry Bake Parmesan Tilapia, Rice Pilaf (MC: Potato), Mixed Vegetables Soughdough Tuna Melt, French Fries, Orange Slices SOUP: Homademade Tomato
18 Coffee Cake, Eggs Pot Roast, Potatoes, Carrots, Gravy, Strawberry Mandarin Salad Sweet & Sour Pork, Rice, Egg Roll SOUP: Homemade Tomato	19 Muffins, Yogurt Turkey, Bacon, Avocado Sandwich, Frog Eye Salad, Sliced Tomato Pork Street Tacos, Black Bean Salsa, Fruit SOUP: Fagioli	20 Crepes, Mixed Berries Breaded Shrimp, Ham Fried Rice, Egg Roll, Orange Chili Sauce Grilled Ham & Cheese on Artisan Bread, Chips SOUP: Fagioli	21 Danish, Yogurt Parfait Ham, Cheesy Potatoes, Pomegranate Pear Salad, Roll Pizza, Caesar Salad, Breadsticks SOUP: Carrot Chowder	22 Biscuit & Gravy Philly Cheesecake Sliders, Broccoli Salad, Apples with Caramel Cobb Salad, Roll, Fruit Cup SOUP: Carrot Chowder	23 Scrambled Egg Muffin Boneless Ribs, Baked Potato, Mixed Vegetables Big Mac Sliders, French Fries, Pink Salad SOUP: Broccoli Cheese	24 Egg, Toast, Hashbrown Pesto Vegetable Pasta, Garlic Knot Roll, Melon Cup Chicken Pot Pie, Roll, Garden Salad SOUP: Broccoli Cheese
25 Avocado Toast, Eggs Salisbury Steak, Mashed Potatoes w/ Gravy, Carrots & Peas Loaded Baked Potato, Ministrone Soup SOUP: Potato	26 Quiche Ranch Chicken, Roasted Butternut Squash, Baked Potato w/ Topping Tator Tot Casserole, Roll, Corn SOUP: Potato	27 Bagel, Cream Cheese Lasagna, Cheesy French Bread, Squash Sautee Chicken & Fresh Fruit Poppysseed Salad, Roll SOUP: Enchilada	28 Cereal & English Muffin Turkey Breast, Mashed Potatoes w/ Gravy, Parmesan Asparagus Sweet & Tangy Pork, Rice, Egg Roll SOUP: Enchilada	29 French Toast, Hashbrown Honey Spice Chicken Thigh, Ranch Roasted Potatoes, Yellow Squash Casserole Pulled Pork Sandwchich, Coleslaw, Chips SOUP: Creamy Chicken	30 Waffles, Egg Italian Beef Sandwich, Cheesecake Fruit Salad, Pasta Salad Teriyaki Spinach Pasta Salad, Cheesy Biscuit SOUP: Creamy Chicken	31 Breakfast Berry Bake Chili, Homemade Buttermilk Scones, Honey Butter Stuffing Casserole, Cranberry Sauce, Fruit SOUP: Tortellini