

# October 2024 Menu Selections



		TUESDAY, October 1	WEDNESDAY, October 2	THURSDAY, October 3	FRIDAY, October 4	SATURDAY, October 5
		<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
		Cream of Wheat Cheddar Cheese Omelet Cinnamon Coffeecake	Grits French Toast Sausage Links	Cream of Rice Egg & Ham Bake Blueberry Scone	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffle Bacon
		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
		Parmesan Chicken Buttered Spaghetti Italian Blend Vegetables  Crab Cakes French Fries  Dessert: Brownie	Roast Turkey w/Gravy Garlic Mashed Potatoes Cream Style Corn  Liver & Onions  Dessert: Apple Pie	Cheesy Baked Ziti Seasoned Broccoli Florets Dinner Roll  Turkey & Swiss Sandwich Three Bean Salad  Dessert: Tapioca Pudding	---OKTOBERFEST--- Bavarian Apple-Sausage Hash Potato Pancakes Glazed Carrots Bratwurst & Sauerkraut German Potato Salad  Dessert: German Chocolate Cake	Beer Stroganoff Garlic Noodles Succotash  Breaded Cod Mashed Potatoes  Dessert: Chocolate Cream Pie
		<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
		Soup: Chicken Orzo Soup  Salisbury Steak Chive Mashed Potatoes Italian Blend Vegetables  Turkey California Wrap Potato Salad  Dessert: Honeydew & Cantaloupe	Soup: Navy Bean & Ham Soup  Beef Ravioli w/ Marinara  Chicken Salad/Pita Plate  Dessert: Chilled Pineapple	Soup: Tomato & Rice Soup  BBQ Riblette on a Bun Sweet Potato Fries  Sweet Potato Fries  Dessert: Chilled Peaches	Soup: Pasta Fagioli Soup  Cheese Tortellini w/Alfredo Sauce Glazed Carrots  Egg Salad Sandwich Marinated Cucumber Salad  Dessert: Assorted Gelatin Cup	Soup: Cream of Mushroom Soup  Crab Mac & Cheese Garden Salad  Kielbasa & Sauerkraut Potato & Cheese Pierogis  Dessert: Chilled Tropical Fruit

# October 2024 Menu Selections



SUNDAY, October 6	MONDAY, October 7	TUESDAY, October 8	WEDNESDAY, October 9	THURSDAY, October 10	FRIDAY, October 11	SATURDAY, October 12
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Cheddar Cheese Omelet English Muffin	Cinnamon Oatmeal Pancakes Turkey Sausage Links	Cream of Wheat Cheddar Cheese Omelet Hash Brown	Cream of Rice French Toast Sausage Links	Maple Sugar Oatmeal Egg & Sausage Bake Blueberry Muffin	Cream of Wheat Scrambled Eggs Toasted Bagel	Grits Waffle Bacon Strips
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Penne Pasta w/Meat Sauce California Blend Vegetables	French Onion Pork Chop Herbed Rice Seasoned Broccoli Florets	Cheese Pizza Garden Salad	Meatloaf w/Gravy Chive Mashed Potatoes California Blend Vegetables	<u>Cheese Lasagna Rollup</u> Parslied Carrots French Bread	Chicken Rice Casserole Holiday Peas	Cranberry Chicken Brown Rice Pilaf Brussels Sprouts
Ham Salad Sandwich Creamy Cucumber Salad	Chicken Dijon	Salisbury Steak Mashed Potatoes Cream Style Corn	Honey BBQ Chicken Wings Tater Tots	Swiss Steak Mashed Potatoes	Ham Salad Sandwich Beet & Onion Salad	Cheese Quiche
<b>Dessert:</b> Chilled Pears	<b>Dessert:</b> Butterscotch Pudding	<b>Dessert:</b> Unfrosted Marble Cake	<b>Dessert:</b> Black Forest Pudding	<b>Dessert:</b> Lemon Meringue Pie	<b>Dessert:</b> Sugar Cookies	<b>Dessert:</b> Pear Crisp
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Egg Drop Soup	Soup: Chicken Noodle Soup	Soup: Vegetable Soup	Soup: Mushroom Barley Soup	Soup: Broccoli Cheddar Soup	Soup: Split Pea Soup	Soup: Cream of Potato Soup
Beef Patty Melt Three Bean Salad	Cheeseburger on a Bun Corn & Bean Salad French Fries	Arroz Con Pollo Italian Blend Vegetables	Stuffed Cabbage Roll Fluffy Rice Peas & Carrots	Turkey Almandine Fluffy Rice Meadow Blend Vegetables	Macaroni & Cheese Stewed Tomatoes	Turkey Stew Biscuit
Chicken Stir-Fry Sesame Brown Rice	Hotdog on a Bun	Tuna Salad Sandwich Potato Salad	Turkey Pot Pie	Chicken Cheese Steak Coleslaw	Baked Lemon Tilapia Brown Rice	Kielbasa & Sauerkraut Potato & Cheese Pierogis
<b>Dessert:</b> Pineapple Upside-Down Cake	<b>Dessert:</b> Chilled Peaches	<b>Dessert:</b> Seasonal Fresh Fruit	<b>Dessert:</b> Chilled Fruit Cocktail	<b>Dessert:</b> Chilled Diced Pears	<b>Dessert:</b> Tropical Fruit Cup	<b>Dessert:</b> Cinnamon Applesauce

# October 2024 Menu Selections



SUNDAY, October 13	MONDAY, October 14	TUESDAY, October 15	WEDNESDAY, October 16	THURSDAY, October 17	FRIDAY, October 18	SATURDAY, October 19
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled Eggs w/Cheese English Muffin	Cinnamon Oatmeal Blueberry Pancakes Turkey Sausage Links	Cream of Wheat Cheddar Cheese Omelet Cinnamon Coffeecake	Grits French Toast Sausage Links	Maple Sugar Oatmeal Egg & Ham Bake Cinnamon Scone	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Belgian Waffle Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<u>Spaghetti &amp; Meatballs</u> Seasoned Green Beans	Beef Stew Parslied Noodles Seasoned Green Beans	Pork Chop & Apples Sweet Potato Casserole Savory Carrots	Garlic & Sage Chicken Thigh Angel Hair Pasta Winter Blend Vegetables	Pineapple Baked Ham Chive Mashed Potatoes Seasoned Zucchini	Sloppy Joe on a Bun Prince Edward Vegetables	BBQ Riblette on a Bun Seasoned Broccoli Florets
Breaded Cod Herb Seasoned Orzo Pasta	Cheese Ravioli w/Marinara	Crab Cakes French Fries	Eggplant Parmesan	Chicken Salad Sandwich Beet & Onion Salad	Seafood Croquettes Fluffy Rice	Cottage Cheese w/Melon Corn Muffin
<b>Dessert:</b> Brownie	<b>Dessert:</b> Chilled Mandarin Oranges	<b>Dessert:</b> Chilled Mandarin Oranges	<b>Dessert:</b> Pumpkin Pie	<b>Dessert:</b> Poke Cake	<b>Dessert:</b> Caramel Apple Slices	<b>Dessert:</b> Hot Cocoa Cake
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Egg Drop Soup	Soup: Turkey Rice Soup	Soup: Beef Barley Soup	Soup: Italian Wedding Soup	Soup: Chicken Noodle Soup	Soup: Cabbage Soup	Soup: Tomato & Rice Soup
Sweet & Sour Pork Fluffy Rice California Blend Vegetables	Italian Sausage & Peppers Rosemary Garlic Potatoes Italian Blend Vegetables	Stuffed Shells w/Marinara Broccoli Normandy Dinner Roll	Tuna Noodle Casserole Peas & Mushrooms	Cheese Pizza Caesar Salad w/Dressing	Philly Cheese Steak Tater Tots	Penne Pasta w/Meat Sauce Italian Blend Vegetables
Chef Salad	Tuna Melt	Loaded Turkey Hoagie Three Bean Salad	Roast Beef & Cheddar Wrap Roast Beef & Cheddar Wrap Potato Salad	Egg Salad/Macaroni Salad Plate	Ham Salad Sandwich Marinated Cucumber Salad	Turkey Burger on a Bun Sweet Potato Fries
<b>Dessert:</b> Marbled Fruit Gelatin	<b>Dessert:</b> Strawberry Cream Pie	<b>Dessert:</b> Chilled Diced Pears	<b>Dessert:</b> Fresh Cantaloupe	<b>Dessert:</b> Orange Pineapple Gelatin	<b>Dessert:</b> Caramel Apple Slices	<b>Dessert:</b> Heavenly Hash

# October 2024 Menu Selections



SUNDAY, October 20	MONDAY, October 21	TUESDAY, October 22	WEDNESDAY, October 23	THURSDAY, October 24	FRIDAY, October 25	SATURDAY, October 26
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled Eggs English Muffin	Cinnamon Oatmeal Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Hash Brown	Grits French Toast Sausage Links	Cinnamon Oatmeal Egg & Sausage Bake Corn Muffin	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffle Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chili w/Brown Rice Corn Muffin Italian Green Beans  BBQ Pork on a Bun  Dessert: Apple Pie	Honey Chicken Parslied Potatoes Creamed Spinach  Baked Tilapia  Dessert: Pound Cake	Chicken Francaise Tri-Color Rotini Italian Blend Vegetables  Manicotti w/Marinara Sauce  Dessert: Coconut Cream Pie	Beef Tips & Mushroom w/Gravy Fluffy Rice Green Beans Oregano  Chef Salad  Dessert: Strawberry Cream Pie	Rosemary Chicken Ginger Whipped Sweet Potatoes Brussels Sprouts  Beef Ravioli w/Marinara Dinner Roll  Dessert: Apple Crisp	Pork Loin Roast Baked Potato Sliced Dill Carrots  Turkey & Cheese Sandwich Three Bean Salad  Dessert: Pumpkin Pie	Baked Lemon Tilapia Brown Rice Pilaf Seasoned Broccoli Florets  Chicken Salad on a Bun Tossed Salad w/Dressing  Dessert: Poke Cake
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Cream of Mushroom Soup  Turkey Noodle Casserole Herbed Green Beans  Beef Patty Melt Cucumber Dill Salad  Dessert: Chilled Peaches	Soup: Corn Chowder  Macaroni & Cheese Seasoned Broccoli Florets  Chicken Tenders French Fries  Dessert: Chilled Fruit Cocktail	Soup: Garden Vegetable Soup  Shepherd's Pie Dinner Roll  Italian Pork Wrap Italian Beets  Dessert: Chilled Pineapple	Soup: Cream of Potato Soup  Fish & Chips Coleslaw  Personal Cheese Pizza Parslied Carrots  Dessert: Chilled Mandarin Oranges	Soup: Tomato & Rice Soup  Stuffed Pepper Garden Salad  Grilled Cheese w/Tomato Tuscan Potato Salad  Dessert: Peaches & Cream	Soup: Hearty Vegetable Soup  Sweet & Sour Pineapple Chicken Herbed Rice Chuckwagon Corn  Crab Salad Sandwich Carrot Raisin Salad  Dessert: Assorted Gelatin Cup	Soup: Vegetable Florentine Soup  Hot Dog on a Bun Tater Tots Italian Blend Vegetables  Cottage Chees w/Pineapple Muffin  Dessert: Chilled Diced Pears

# October 2024 Menu Selections



SUNDAY, October 27	MONDAY, October 28	TUESDAY, October 29	WEDNESDAY, October 30	THURSDAY, October 31		
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>		
Cream of Wheat Scrambled Eggs w/Cheese English Muffin	Cinnamon Oatmeal Blueberry Pancakes Turkey Sausage Links	Cream of Wheat Cheddar Cheese Omelet Cinnamon Coffeecake	Grits French Toast Sausage Links	Cream of Rice Egg & Ham Bake Blueberry Scone		
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>		
Baked Ham Fluffy Rice Peas & Onions	BBQ Chicken Drumsticks Corn Bread Stuffing Green Beans & Pimento	Parmesan Chicken Buttered Spaghetti Italian Blend Vegetables	Roast Turkey w/Gravy Garlic Mashed Potatoes Cream Style Corn	Cheesy Baked Ziti Seasoned Broccoli Florets		
Spinach Quiche	Sausage & Peppers on a Roll	Crab Cakes French Fries	Liver & Onions	Turkey & Swiss Sandwich Three Bean Salad		
<b>Dessert:</b> Chocolate Chip Cookies	<b>Dessert:</b> Unfrosted Spice Cake	<b>Dessert:</b> Brownie	<b>Dessert:</b> Apple Pie	<b>Dessert:</b> Tapioca Pudding		
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>		
Soup: Pasta Fagioli Soup	Soup: Cabbage Soup	Soup: Chicken Orzo Soup	Soup: Navy Bean & Ham Soup	Soup: Tomato & Rice Soup		
Italian Pasta Bake California Blend Vegetables	Tuna Noodle Casserole Peas & Onions	Salisbury Steak Chive Mashed Potatoes Seasoned Carrots	Beef Ravioli w/Marinara	BBQ Riblette on a Bun Sweet Potato Fries		
Egg Salad Sandwich Beet & Onion Salad	Mushroom Swiss Burger Beet & Onion Salad	Turkey California Wrap Potato Salad	Chicken Salad Pita Plate	Vegetable Lasagna Herbed Green Beans		
<b>Dessert:</b> Rosy Applesauce	<b>Dessert:</b> Ambrosia	<b>Dessert:</b> Honeydew & Cantaloupe	<b>Dessert:</b> Chilled Pineapples	<b>Dessert:</b> Chilled Peaches		