

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30) BBQ CHICKEN OR BAKED HAM AUGRATIN POTATOES CORN CASSEROLE BLT PASTA SALAD PEACH PIE	31) FRENCH ONION PORK CHOP OR BAKED CHICKEN BAKED SWEET POTATO BUTTERED CABBAGE BROCCOLI RAISIN SALAD ANGEL FOOD CAKE/FRUIT	<h1>OCTOBER 2022</h1>				1) BAKED ZITI OR BEEF STEW SCALLOPED POTATOES BUTTERED ITALIAN BLEND VEGETABLES CORN SALAD BUTTER PECAN ICE CREAM
2) ORANGE ROSEMARY PORK STEAMED RICE OR BEEF TIPS IN GRAVY BU. EGG NOODLES VEGETABLE BLEND RANCH VEGETABLE SALAD ANGEL PEACH DESSERT	3) BEEF POT ROAST ROASTED CARROTS, POTATOES & ONIONS OR BREADED SHRIMP POTATO SALAD PEAS & MUSHROOMS ASIAN SALAD FROSTED JELLO POKE CAKE	4) HAM & BEANS/ CORNBREAD OR OPEN FACED TURKEY MASHED POTATOES & GRAVY CANDIED CARROTS CINNAMON APPLE JELLO CHEESECAKE	5) BUTTERMILK RANCH CHICKEN OR GARLIC HERBED PORK LOIN AND GRAVY BU. NEW POTATOES SEASONED GREEN BEANS MACARONI SALAD BLUEBERRY SHORTCAKE	6) MEATLOAF OR PARMESAN CRUSTED FISH RANCH ROASTED POTATOES BROCCOLI & CAULIFLOWER COLE SLAW CREAM CHEESE BROWNIE	7) ALOHA CHICKEN STEAMED RICE OR BEEF & MACARONI BAKE CARROTS GREEN PEA SALAD LEMON ICE BOX PIE	8) CHEESEBURGER ON A BUN OR RANCH STYLE CHICKEN STEAK FRIES GREEN BEANS/ BACON & ONION CARROT SLAW CHERRY NUT ICE CREAM
9) CHICKEN FRIED CHICKEN SOUR CREAM CHIVE MASHED POTATOES OR PHILLY CHEESESTEAK HOAGIE FRENCH FRIES BU PEAS & CARROTS COLE SLAW BOSTON CREAM PIE	10) ROAST TURKEY & GRAVY BAKED SWEET POTATO OR BEEF ENCHILADA CASSEROLE FIESTA CORN STRAWBERRY BANANA JELLO CARROT CAKE / CREAM CHEESE ICING	11) SPAGHETTI & MEATBALLS GARLIC BREAD OR HERB ROASTED CHICKEN CORNBREAD & SAGE STUFFING ITALIAN VEGETABLES APPLE SALAD PINEAPPLE TRIFLE	12) PULLED PORK COWBOY BEANS OR BROCCOLI & CHEESE QUICHE SWEET POTATO FRIES CUCUMBER & TOMATO SALAD CHOCOLATE PUDDING CAKE	13) SMOTHERED PORK CHOP OR BEEF PARMESAN ROASTED RED POTATOES BROCCOLI CINNAMON APPLE JELLO MIXED BERRY COBBLER	14) GRILLED SALMON LEMON BUTTER SAUCE LONG GRAIN & WILD RICE BLEND OR PENNE BEEF & SAUSAGE BUTTERED CARROTS ITALIAN PASTA SALAD GLAZED APPLESAUCE CAKE	15) SLICED BAKED HAM OR ORANGE ASIAN CHICKEN AUGRATIN POTATOES COUNTRY GREEN BEANS/ BACON & ONION CREAMY LIME PINEAPPLE JELLO COOKIES & CREAM ICE CREAM
16) BBQ BEEF OR PARMESAN CRUSTED CHICKEN SCALLOPED POTATOES CREAMED CORN CHERRY PIE RANCH PASTA SALAD	17) ITALIAN HERBED PORK LOIN CHEESY MASHED POTATOES BRUSSEL SPROUTS OR SHOUTHWEST CHICKEN SALAD BREAD STICK MANDARIN ORANGE JELLO BANANA SPLIT CAKE	18) ROASTED CHICKEN BABY BAKERS OR BEEF LASAGNA PEAS & CARROTS ITALIAN CHOPPED SALAD STARWBERRY MOUSSE	19) HAMBURGER STEAK OR BROWN SUGAR MUSTARD GLAZED HAM BAKED POTATO CASSEROLE GREEN BEANS CREAMY CUCUMBER & ONION SALAD CHEESECAKE W/TOPPING	20) CHICKEN STRIPS POTATO SALAD OR BEEF STROGANOFF OVER NOODLES STEAMED BROCCOLI CHERRY JELLO W/ PINEAPPLE CHOCOLATE CHIP COOKIE BAR	21) CHICKEN BREAST FLORENTINE OR SMOTHERED PORK CHOP BAKED POTATO WITH SOUR CREAM BUTTERED CABBAGE PICKLED BEETS FRUIT CRUMBLE	22) FRIED FISH OR MACARONI & CHEESE CHEESE STUFFED SHELLS WITH MARINARA GREEN PEAS CREAMY COLE SLAW ORANGE SHERBET
23) FRIED CHICKEN MASHED POTATOES GRAVY GREEN BEANS OR VEGETABLE LASAGNA BREADED TOMATOES PEA SALAD APPLE PIE	24) BBQ PORK RIBLETTE POTATO SALAD BAKED BEANS OR BAKED CHICKEN WITH ONION GRAVY SCALLOPED POTATOES CARROTS PERFECTION SALAD PEACH COBBLER	25) ROAST BEEF GRAVY OR BREADED SHRIMP BAKED POTATO WITH SOUR CREAM STEAMED BROCCOLI CREAMY COLE SLAW CHOCOLATE CHIP COOKIE	26) CHICKEN FRIED STEAK CREAM GRAVY MASHED POTATOES GREEN BEANS WITH ONIONS OR HAMBURGER ON A BUN SWEET POTATO FRIES CINNAMON APPLE JELLO AMBROSIA	27) GLAZED HAM/ PINEAPPLE SAUCE BAKED SWEET POTATO OR SWEDISH MEATBALLS/SAUCE STEAMED RICE BROCCOLI WALDORF SALAD YELLOW CAKE WITH CHOCOLATE ICING	28) FISH OF THE DAY OR MEATLOAF/GLAZE MACARONI & CHEESE PEAS & CARROTS MARINATED CUCUMBER & ONIONS ICE CREAM SUNDAE	29) BEEF & BROCCOLI STIR FRY OR GLAZED PORK CHOP RICE PILAF CAULIFLOWER/ CHEESE SAUCE ORANGE SHERBET SALAD CINNAMON SUGAR BLONDIE BAR

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<p>BBQ CHICKEN OR BAKED HAM</p> <p>AUGRATIN POTATOES CORN CASSEROLE BLT PASTA SALAD PEACH PIE</p>	<p>FRENCH ONION PORK CHOP OR BAKED CHICKEN</p> <p>BAKED SWEET POTATO BUTTERED CABBAGE BROCCOLI RAISIN SALAD ANGEL FOOD CAKE/FRUIT</p>	<p>BEEF CUBE STEAK/ MUSHROOM GRAVY OVEN BROWED POTATOES OR CHEESE TORTELLINI/ ALFREDO SAUCE</p> <p>STEAMED BROCCOLI FRUITED JELLO PEANUT BUTTER BROWNIE</p>	<p>ROAST TURKEY/GRAVY GARLIC MASH POTATOES OR BEEF & NOODLES</p> <p>CARROTS CAESAR SALAD SNICKERDOODLE BARS</p>	<p>GARLIC GINGER CHICKEN OR SALISBURY STEAK</p> <p>CHEDDAR MASHED POTATOES GREEN BEAN CASSEROLE GLOW SALAD FRUIT CRISP</p>	<p>CRUMB BAKED FISH MAC & CHEESE OR CHICKEN & DUMPLINGS</p> <p>MIXED VEGETABLES COLE SLAW STRAWBERRY CAKE</p>	<p>BAKED ZITI OR BEEF STEW</p> <p>SCALLOPED POTATOES BUTTERED ITALIAN BLEND VEGETABLES CORN SALAD BUTTER PECAN ICE CREAM</p>
<p>ORANGE ROSEMARY PORK STEAMED RICE OR BEEF TIPS IN GRAVY</p> <p>BU. EGG NOODLES VEGETABLE BLEND RANCH VEGETABLE SALAD ANGEL PEACH DESSERT</p>	<p>BEEF POT ROAST ROASTED CARROTS, POTATOES & ONIONS OR BREADED SHRIMP</p> <p>POTATO SALAD PEAS & MUSHROOMS ASIAN SALAD FROSTED JELLO POKE CAKE</p>	<p>HAM & BEANS/ CORNBREAD OR OPEN FACED TURKEY MASHED POTATOES & GRAVY</p> <p>CANDIED CARROTS CINNAMON APPLE JELLO CHEESECAKE</p>	<p>BUTTERMILK RANCH CHICKEN OR GARLIC HERBED PORK LOIN AND GRAVY</p> <p>BU. NEW POTATOES SEASONED GREEN BEANS MACARONI SALAD BLUEBERRY SHORTCAKE</p>	<p>MEATLOAF OR PARMESAN CRUSTED FISH RANCH ROASTED POTATOES</p> <p>BROCCOLI & CAULIFLOWER COLE SLAW CREAM CHEESE BROWNIE</p>	<p>ALOHA CHICKEN STEAMED RICE OR BEEF & MACARONI BAKE</p> <p>CARROTS GREEN PEA SALAD LEMON ICE BOX PIE</p>	<p>CHEESEBURGER ON A BUN OR RANCH STYLE CHICKEN STEAK FRIES</p> <p>GREEN BEANS/ BACON & ONION CARROT SLAW CHERRY NUT ICE CREAM</p>
<p>CHICKEN FRIED CHICKEN SOUR CREAM CHIVE MASHED POTATOES OR PHILLY CHEESESTEAK HOAGIE FRENCH FRIES BU PEAS & CARROTS COLE SLAW BOSTON CREAM PIE</p>	<p>ROAST TURKEY & GRAVY BAKED SWEET POTATO OR BEEF ENCHILADA CASSEROLE FIESTA CORN STRAWBERRY BANANA JELLO CARROT CAKE /CREAM CHEESE FROSTING</p>	<p>SPAGHETTI & MEATBALLS GARLIC BREAD OR HERB ROASTED CHICKEN CORNBREAD & SAGE STUFFING ITALIAN VEGETABLES APPLE SALAD PINEAPPLE TRIFLE</p>	<p>PULLED PORK COWBOY BEANS OR BROCCOLI & CHEESE QUICHE SWEET POTATO FRIES CUCUMBER & TOMATO SALAD CHOCOLATE PUDDING CAKE</p>	<p>SMOTHERED PORK CHOP OR BEEF PARMESAN ROASTED RED POTATOES BROCCOLI CINNAMON APPLE JELLO MIXED BERRY COBBLER</p>	<p>GRILLED SALMON LEMON BUTTER SAUCE LONG GRAIN & WILD RICE BLEND OR PENNE BEEF & SAUSAGE BUTTERED CARROTS ITALIAN PASTA SALAD GLAZED APPLESAUCE CAKE</p>	<p>SLICED BAKED HAM OR ORANGE ASIAN CHICKEN AUGRATIN POTATOES COUNTRY GREEN BEANS/ BACON & ONION CREAMY LIME PINEAPPLE JELLO COOKIES & CREAM ICE CREAM</p>
<p>BBQ BEEF OR PARMESAN CRUSTED CHICKEN SCALLOPED POTATOES CREAMED CORN CHERRY PIE RANCH PASTA SALAD</p>	<p>ITALIAN HERBED PORK LOIN CHEESY MASHED POTATOES BRUSSEL SPROUTS OR SHOUTHWEST CHICKEN SALAD BREAD STICK MANDARIN ORANGE JELLO BANANA SPLIT CAKE</p>	<p>ROASTED CHICKEN BABY BAKERS OR BEEF LASAGNA PEAS & CARROTS ITALIAN CHOPPED SALAD STARWBERRY MOUSSE</p>	<p>HAMBURGER STEAK OR BROWN SUGAR MUSTARD GLAZED HAM BAKED POTATO CASSEROLE GREEN BEANS CREAMY CUCUMBER & ONION SALAD CHEESECAKE W/TOPPING</p>	<p>BREADED CHICKEN STRIPS POTATO SALAD OR BEEF STROGANOFF OVER NOODLES STEAMED BROCCOLI CHERRY JELLO W/ PINEAPPLE CHOCOLATE CHIP COOKIE BAR</p>	<p>CHICKEN BREAST FLORENTINE OR SMOTHERED PORK CHOP BAKED POTATO WITH SOUR CREAM BUTTERED CABBAGE PICKLED BEETS FRUIT CRUMBLE</p>	<p>FRIED FISH OR MACARONI & CHEESE CHEESE STUFFED SHELLS WITH MARINARA GREEN PEAS CREAMY COLE SLAW ORANGE SHERBET</p>
<p>FRIED CHICKEN MASHED POTATOES GRAVY GREEN BEANS OR VEGETABLE LASAGNA BREADED TOMATOES PEA SALAD APPLE PIE</p>	<p>BBQ PORK RIBLETTE POTATO SALAD BAKED BEANS OR BAKED CHICKEN WITH ONION GRAVY SCALLOPED POTATOES CARROTS PERFECTION SALAD PEACH COBBLER</p>	<p>ROAST BEEF GRAVY OR BREADED SHRIMP BAKED POTATO WITH SOUR CREAM STEAMED BROCCOLI CREAMY COLE SLAW CHOCOLATE CHIP COOKIE</p>	<p>CHICKEN FRIED STEAK CREAM GRAVY MASHED POTATOES GREEN BEANS WITH ONIONS OR HAMBURGER ON A BUN SWEET POTATO FRIES CINNAMON APPLE JELLO AMBROSIA</p>	<p>GLAZED HAM/ PINEAPPLE SAUCE BAKED SWEET POTATO OR SWEDISH MEATBALLS/ SAUCE STEAMED RICE BROCCOLI WALDORF SALAD YELLOW CAKE WITH CHOCOLATE ICING</p>	<p>FISH OF THE DAY OR MEATLOAF/GLAZE MACARONI & CHEESE PEAS & CARROTS MARINATED CUCUMBER & ONIONS ICE CREAM SUNDAE</p>	<p>BEEF & BROCCOLI STIR FRY OR GLAZED PORK CHOP RICE PILAF CAULIFLOWER/ CHEESE SAUCE ORANGE SHERBET SALAD CINNAMON SUGAR BLONDIE BAR</p>