



October 2019 Menu

Tue 1 (Rosh Hashanah) BLACK BEANS & BROWN RICE, Scandinavian Blend Vegetables, Garden Salad w/ 1000 Island Dressing, Bread Pudding

Chicken Teriyaki w/Brown Rice, Scandinavian Blend Vegetables, Garden Salad w/1000 Island Dressing, Bread Pudding

Wed 2 ROASTED PARMESAN CHICKEN, Spiral Noodles, Mixed Vegetables, Tossed Salad w/French Dressing, Strawberry Pear Gelatin

Cheese Ravioli, Mixed Vegetables, Tossed Salad w/French Dressing, Strawberry Pear Gelatin

Thu 3 MEATLOAF, Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple Turkey Salad, Sunshine Carrots, Apple

Fri 4 STIR FRY PORK, White Rice, Green Beans, Claremont Salad, Orange Beef Taco Salad, Green Beans, Orange

Mon 7 BAKED PENNE CASSEROLE, Corn & Lima Beans, Rainbow Spinach Salad w/Rainbow Dressing, Cookie

Roast Beef Sandwich w/Vegetable Soup, Corn & Lima Beans, Rainbow Spinach Salad w/Rainbow Dressing, Cookie

Tue 8 SOMALI CHICKEN, White Rice, Normandy Blend Vegetables, Pepper Coleslaw, Chocolate Milk Meatloaf, Mashed Potatoes, Normandy Blend Vegetables, Pepper Coleslaw, Chocolate Milk

Wed 9 FISH W/CUCUMBER SAUCE, Couscous, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Citrus Cake

Lemongrass Chicken, White Rice, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Citrus Cake

Thu 10 BBQ PORK, Red Potatoes, Country Trio Vegetables, Four Bean Salad, Strawberry Luscious Garden Burger, Black Bean Soup, Four Bean Salad, Strawberry Luscious

Fri 11 IRISH STEW, Mashed Potatoes, Capri Vegetables, Garden Salad w/Italian Dressing, Banana Hard Boiled Egg Salad, Garden Salad w/Italian Dressing, Banana

Mon 14 ASIAN BBQ CHICKEN, Red Potatoes, Mini Broccoli, Creamy Coleslaw, Apple Hawaiian Pizza, Mini Broccoli, Creamy Coleslaw, Apple

Tue 15 SPAGHETTI W/MEAT SAUCE, Scandinavian Blend Vegetables, Rainbow Spinach Salad, Russian Cream w/Topping

Omelet Plain w/Salsa, Tri-Cut Potatoes, Scandinavian Blend Vegetables, Rainbow Spinach Salad, Russian Cream w/Topping

Wed 16 HONEY GLAZED PINEAPPLE PORK, Noodles, Garden Blend Vegetables, Tossed Salad w/Ranch Dressing, Banana

Swedish Meatballs, Spiral Noodles, Garden Blend Vegetables, Tossed Salad w/Ranch Dressing, Banana

Thu 17 SPINACH LASAGNA, Normandy Blend Vegetables, Boston Bean Salad, Orange

Chinese Chicken Salad, Normandy Blend Vegetables, Orange

Fri 18 SOUTHWEST BEEF CASSEROLE, Carrot Bean Blend Vegetables, Santa Fe Salad, Orange & Peach Gelatin

Chicken Smitane w/Noodles, Carrot Bean Blend Vegetables, Santa Fe Salad, Orange & Peach Gelatin

Mon 21 CHICKEN TERIYAKI, Brown Rice, Edamame Medley Spinach Salad w/Italian Dressing, Raspberry Parfait

Beer-Battered Cod w/Lemon, Brown Rice, Edamame Blend, Spinach Salad w/Italian Dressing, Raspberry Parfait

Tue 22 PORK STROGANOFF, Rotini Noodles, Capri Vegetables, Garden Salad/1000 Island Dressing, Oatmeal Cookie

Somali Chicken, White Rice, Capri Vegetables, Garden Salad/1000 Island Dressing, Oatmeal Cookie

Wed 23 FISH W/BLACK BEAN SALSA, Couscous, Sliced Carrots, Cucumber Salad, Apple

Spaghetti w/Meatballs, Noodles, Sliced Carrots, Cucumber Salad, Apple

Thu 24 TAIWANESE BEEF STEW, Egg Noodle, Green Beans, Chinese Trio Salad, Peanut Butter Mousse

Chicken Caesar Salad, Green Beans, Peanut Butter Mousse

Fri 25 CHICKEN CHILI VERDE, Brown Rice, Southwest Vegetable Medley, Radish Tomato Salad, Kiwi

Tuna Sandwich, Butternut Squash Soup, Southwest Vegetable Medley, Radish Tomato Salad, Kiwi

Mon 28 TURKEY ROAST W/HERBS & APRICOT SAUCE, Polenta, Key West Blend Vegetables, Spinach Salad w/Ranch Dressing, Orange

Tofu Stir Fry, Brown Rice, Key West Blend Vegetables, Spinach Salad w/Ranch Dressing, Orange

Tue 29 SALISBURY STEAK w/Gravy, Mashed Potatoes, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Strawberry Gelatin w/Diced Pears

Lemongrass Chicken, White Rice, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Strawberry Gelatin w/Diced Pears

Wed 30 CHICKEN BREAST W/LEMON HERB SAUCE, Tri-Cut Potatoes, Capri Mix Vegetables, Eastern European Salad, Apple

Beef and Broccoli, Brown Rice, Capri Mix Vegetables, Eastern European Salad, Apple

Thu 31 (*Dia de los Muertos/Halloween*) CHICKEN STROGANOFF, Noodles, Key West Blend Vegetables, Claremont Salad, Halloween Chocolate Cake

Chicken Salad w/White Beans, Key West Blend Vegetables, Halloween Chocolate Cake