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*