



Monthly Menu

October 2018

Mon	1	ASIAN BBQ CHICKEN , Red Potatoes, Broccoli, Spinach Salad w/Italian Dressing, Fruit Cocktail <i>Fish Taco, Oregon Bean Medley, Spinach Salad w/Italian Dressing, Fruit Cocktail</i>
Tues	2	TAIWANESE BEEF STEW , Brown Rice, Green Beans, Chinese Trio Salad, Kiwi <i>Hawaiian Pizza, Green Beans, Chinese Trio Salad, Kiwi</i>
Wed	3	SPINACH LASAGNA , Garden Blend Vegetables, Boston Bean Salad, Orange <i>Chicken Smitane, Noodles, Garden Blend Vegetables, Orange</i>
Thu	4	PORK STROGANOFF , Rotini Noodles, Capri Vegetables, Garden Salad w/1000 Island Dressing, Oatmeal Cookie <i>Chicken Caesar Salad, Capri Vegetables, Oatmeal Cookie</i>
Fri	5	CHICKEN CHILE VERDE , Brown Rice, Creole Southwest Vegetable Medley, Radish Tomato Salad, Peanut Butter Mousse <i>Tuna Sandwich, Butternut Squash Soup, Creole Southwest Vegetable Medley, Radish Tomato Salad, Peanut Butter Mousse</i>
Mon	8	TILAPIA W/LEMON DILL SAUCE , Red Potatoes, Mixed Vegetables, Spinach Salad w/Ranch Dressing, Orange <i>Southwest Quiche, Mixed Vegetables, Spinach Salad w/Ranch Dressing, Orange</i>
Tue	9	BLACK BEANS AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Chocolate Zucchini Cake <i>Beef Taco Salad, Imperial Blend Vegetables, Chocolate Zucchini Cake</i>
Wed	10	CHICKEN PAPRIKASH , Capri Mix Vegetables, Eastern European Salad, Seasonal Fruit <i>Tofu Stir Fry, Brown Rice, Eastern European Salad, Seasonal Fruit</i>

Thu	11	TURKEY ROAST W/HERBS & APRICOT SAUCE , Polenta, Key West Blend Vegetables, Claremont Salad, Banana Bread <i>Chicken Grape Salad, Banana Bread</i>
Fri	12	MEAT LASAGNA , Garden Blend Vegetables, Tossed Salad w/Yogurt Dressing, Banana <i>Tuna Salad Nicoise, Garden Blend Vegetables, Tossed Salad w/Yogurt Dressing, Banana</i>
Mon	15	SLOPPY JOE W/POTATOES , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Lemon Gelatin w/Blueberries <i>Chicken Fajita Wrap, Tortilla Soup, Spinach Salad w/French Dressing, Lemon Gelatin w/ Blueberries</i>
Tues	16	SWEET & SOUR CHICKEN , White Rice, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple <i>Creamy Garlic Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple</i>
Wed	17	LEMONGRASS FISH , Brown Rice, Cabbage Parsley Salad, Garden Blend Vegetables, Chocolate Cake <i>Shepherd's Pie, Cabbage Parsley Salad, Garden Blend Vegetables, Chocolate Cake</i>
Thu	18	TURKEY TETRAZZINI , Spaghetti Noodles, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Orange <i>Grilled Vegetable Sandwich, French Lentil Soup, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Orange</i>
Fri	19	CHEESE RAVIOLI , Italian Blend Vegetables, Navy Bean Salad, Bread Pudding <i>Pork Sliders, Potato Wedges, Italian Blend Vegetables, Bread Pudding</i>
Mon	22	CHICKEN WITH RICE , Mexican Blend Vegetables, Italian Slaw, Seasonal Fruit <i>Tuna Salad w/Tomatoes, Mexican Blend Vegetables, Seasonal Fruit</i>
Tue	23	BEEF & MACARONI CASSEROLE , Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange <i>Open-Face Turkey Sandwich, Lentil Soup, Spinach Salad w/Italian Dressing, Orange</i>
Wed	24	CITRUS TARRAGON CHICKEN , Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie <i>Dijon Crusted Fish, Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie</i>
Thu	25	SWEDISH MEATBALLS , Spiral Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Banana <i>Spring Pasta w/Tofu, Scandinavian Blend Vegetables, Navy Bean Salad, Banana</i>
Fri	26	PORK TENDERLOIN W/DIJON SAUCE , Tri-Cut Red Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Summer Dressing, Strawberry Luscious <i>Summer Chicken Salad, Carrot Bean Blend, Strawberry Luscious</i>

- Mon 29 **TILAPIA W/LEMON PEPPER**, Brown Rice, Willamette Beans, Chickpea Salad, Seasonal Fruit
Chicken Stir-Fry Yakisoba Noodles, Willamette Beans, Seasonal Fruit
- Tue 30 **MEAT LOAF**, Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple
Pork Gyro, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple
- Wed 31 **ROASTED PARMESAN CHICKEN**, Noodles, Brussels Sprouts, Tossed Salad w/ French Dressing, Orange Gelatin with Blueberries
Turkey Salad, Brussels Sprouts, Orange Gelatin with Blueberries