




# OCTOBER 2018 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Parmesan Chicken Polenta Beets Edamame Veggies Juice Cup	<b>2</b> Spaghetti Baby Carrots Garlic Bread Green Salad Peaches	<b>3</b> Soft Chicken Taco Spanish Rice Beans Mexi Corn Salad Tomatoes & Mangos	<b>4</b> Breakfast Casserole Hash Browns Cheese Blintz Grapes	<b>5</b> Tuna Salad Sandwich Lettuce & Tomato Pineapple Chips
<b>8</b> Stuffed Pepper Peas Roll Yogurt Cup	<b>9</b> Baked Potato & Cheese Chili Broccoli Spinach Salad Melon	<b>10</b> Ginger Chicken Noodles Scandinavian Veggies Egg Roll Fortune Cookies	<b>11</b> Salmon Filet Couscous Country Vegetables Roll Pudding	<b>12</b> Hot Dog on a Bun Sweet Potato Tots Oregon Bean Blend Coleslaw Cake
<b>15</b> Cheese Stuffed Shells Green Beans Garlic Bread Apple	<b>16</b> Baked Chicken Thigh Rice Squash Brussels Sprouts Fruit Cocktail	<b>17</b> Egg Salad Sandwich Broccoli Salad Lettuce & Pickle Veggie Antipasto Pears	<b>18</b> Salisbury Steak w/Gravy Mashed Potatoes Corn Roll Applesauce & Berries	<b>19</b> Cod Filet Quinoa Peas & Cauliflower Roll Banana
<b>22</b> Cabbage Roll Baby Carrots Roll Cookie	<b>23</b> Chicken Tenders Oven Fries Stewed Tomatoes Cornbread Jell-O	<b>24</b> Pizza Oregon Bean Blend Roasted Cauliflower White Bean Dip Chips	<b>25</b> Sloppy Joe Sweet Potatoes Braised Cabbage Tropical Fruit	<b>26</b> Chicken Cordon Bleu Rice Peas & Carrots Roll Green Salad Berry Crunch
<b>29</b> Meatballs w/Gravy Mashed Potatoes Capri Vegetables Roll Pear	<b>30</b> Tortellini w/Tomato Sauce Swiss Chard & Kale Garlic Bread Pea Salad	<b>31</b> Biscuits & Gravy  Spiced Apples Potatoes O'Brien Cottage Cheese *Birthday Cake from Tanner Springs & MC		