


# October 2019 Lunch Menu

7:00-8:30 am Full Breakfast

8:30-9:00 am Continental Breakfast

11:30-1:00 pm Lunch

4:45-6:30 pm Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Meatloaf Mashed Potatoes & Gravy Carrots Garlic Cheese Biscuit Banana Pudding	2 Lasagna Italian Vegetables Garlic Toast Cookies & Cream Pie	3 Chicken Enchiladas Spanish Rice Corn Salsa Peanut Butter Brownies	4 Garlic Herb Pork Roast Mashed Sweet Potatoes Creamed Spinach Parkerhouse Roll Cherry Cheesecake	5 Beef Stroganoff Egg Noodles Green Beans Dinner Roll Strawberry Shortcake
6 Pot Roast New Potatoes Carrots Dinner Roll Apple Orchard Bar	7 Chicken Parmesan Buttered Penne Carrots Garlic Knot Pineapple Upside Down Cake	8 Autumn Stuffed Cabbage Rice Pilaf Broccoli Sweet Yeast Roll Dirt Cake	9 BBQ Pork Loin Potato Wedge Roasted Vegetables Dinner Roll Lemon Cake	10 Ham w/Brown Sugar Glaze Macaroni & Cheese Garlic Green Beans Dinner Roll Yellow Cake w/Chocolate Frosting	11 Beef Stroganoff Egg Noodles Green Peas Cherry Cobbler	12 Roasted Turkey Breast Bread Dressing Brussels Sprouts Biscuit Chocolate Tart
13 Fried Chicken Mashed Potatoes Roasted Zucchini Dinner Roll Lemon Bar	14 Braised Asian Pork White Rice Red Pepper & Snow Peas Egg Roll Fortune Cookie	15 Chicken Pot Pie Green Beans Chocolate Frosted Cake	16 Fried Fish French Fries Sautéed Spinach Hushpuppy Brownie	17 BBQ Chicken Quarter Garlic Mashed Potatoes Lemon Glazed Carrots Cheddar Biscuit Apple Cobbler	18 Swedish Meatballs Egg Noodles Sautéed Mixed Vegetables Sweet Yeast Roll Peach Cobbler Cupcake	19 Lemon Pepper Chicken Baked Potatoes Green Peas Whole Wheat Dinner Roll Blonde Brownies
20 Roasted Turkey w/Gravy Deluxe Dressing Charred Brussels Sprouts Dinner Roll Pumpkin Pie	21 Ravioli w/Marinara Steamed Broccoli Garlic Knot Magic Bar	22 Herb Crumb Baked Fish Butter Herb Penne Sautéed Zucchini Dinner Roll Banana Cake	23 Barbecue Chicken Quarters Baked Sweet Potato Country Style Green Beans Corn Muffin Coconut Cake	24 Honey Mustard Chicken Breast Rosemary Roasted Potatoes Broccoli Au Gratin Sweet Yeast Roll Apple Crisp	25 Beef Tips White Rice Green Peas Dinner Roll Double Chocolate Trifle	26 Baked Chicken Alfredo Casserole Broccoli Whole Wheat Dinner Roll Pineapple Tidbits
27 Smothered Pork Chops Sour Cream Mashed Potatoes Acorn Squash Whole Wheat Dinner Roll Carrot Cake	28 Lasagna Parmesan Roasted Carrots Garlic Knot Apple Cobbler	29 Fried Chicken Baked Beans Coleslaw Biscuit Strawberry Shortcake	30 Chicken Fried Steak Mashed Potatoes Seasoned Spinach Sweet Yeast Roll Funfetti Cake	31 Meatloaf Baked Sweet Potato Green Beans Dinner Roll Banana Bread		

# October 2019 Dinner Menu

7:00-8:30 am Full Breakfast

8:30-9:00 am Continental Breakfast

11:30-1:00 pm Lunch

4:45-6:30 pm Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ham & Beans Braised Greens Cornbread Berries & Cream Parfait	2 Potato Soup BBQ Pulled Pork Sandwich Sweet Potato Fries Apple Cider Vinegar Slaw	3 Chicken Noodle Soup Hamburger Tater Tots Marinated Vegetables	4 Frito Chili Pie Fresh Fruit Salad Carrot Cake w/Cream Cheese Icing	5 White Bean Soup Soft Shell Tacos Refried Beans Fiesta Vegetables
6 Navy Bean Soup Pizza Caesar Salad Chocolate Chip Cookies	7 Chicken Noodle Soup Tuna Melt Stewed Tomatoes Bowtie Pasta Salad Brownies	8 Beef & Vegetable Soup Hot Ham & Cheese Sandwich Green Beans French Fries Sugar Cookies	9 Vegetable Soup Frito Chili Pie Cucumber Salad Fruit Cup	10 Tomato Soup Grilled Cheese Sandwich Sweet Potato Fries Seasoned Spinach Peach Slices	11 Potato Soup Hamburger Coleslaw Bistro Chips Vanilla Pudding	12 Corn Chowder Chicken Tenders Glazed Carrots Potato Salad Stewed Apples
13 Sweet and Sour Cabbage Soup Herbed Baked Fish Sautéed Vegetable Medley Parmesan Potato Wedges Whole Wheat Dinner Roll Ambrosia Salad	14 Barley Soup Ham & Spinach Quiche Carrots Potatoes O'Brien Butterscotch Pudding	15 Minestrone Soup Lasagna Garlic Knot Brussels Sprouts Lemon Cake	16 Chili Fried Okra Cornbread Peach Slices	17 Turkey Dumpling Soup Bacon Mushroom Swiss Burger Lemon Dill Coleslaw Potato Wedges Orange Sherbet	18 Vegetable Chowder Pork Loin w/Apple Cinnamon Glaze Collard Greens Mashed Potatoes Snickerdoodles	19 Black Bean Soup Hot Dog Tomato Cucumber Salad Bistro Chips Ice Cream
20 Navy Bean Soup BBQ Pork Sandwich Tater Tots Vinegar Coleslaw Ambrosia Salad	21 Chicken Noodle Soup Tuna Salad Sandwich Carrot Raisin Salad Bistro Chips Butterscotch Parfait	22 Beef & Vegetable Soup Turkey Club Sandwich Baby Lima Beans French Fries Pear Slices	23 Vegetable Soup Grilled Cheese Sandwich Carrots Macaroni Salad Bread Pudding	24 Tomato Soup Pancakes Scrambled Eggs Sausage Hash Browns Mixed Fresh Fruit	25 Potato Soup Baked Chicken Tenders Creamed Spinach Potato Wedges Ice Cream	26 Corn Chowder Sloppy Joe Peas & Pearls Fried Okra Chocolate Pudding
27 Sweet & Sour Cabbage Soup Chicken Salad Sandwich Sweet Potato Salad Pickled Beats Fruit Cocktail	28 Barley Soup Sausage Quiche Steamed Broccoli Parslied Red Potatoes Orange Poke Cake	29 Minestrone Soup Tuna Casserole Mixed Vegetables Whole Wheat Dinner Roll Chocolate Chip Cookie	30 Broccoli Cheddar Soup Pulled Pork Sandwich Onion Rings Green Peas Caramel Brownie	31 Turkey Dumpling Soup Beef Enchiladas Whole Kernel Corn Black Beans Churro	