


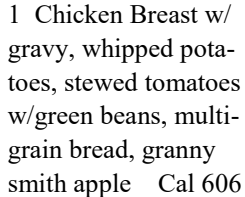
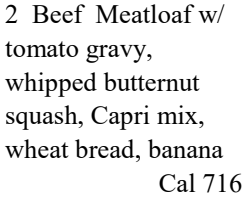



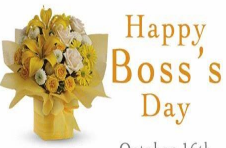






2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	<p>5 Chicken Breast w/ gravy, yams w/ margarine & brown sugar, cauliflower, multi-grain bread, pears Cal 650</p>	<p>6 Baked Cod w/dill weed, green beans w/ red pepper, creamy tomato mac & cheese, yellow apple, oatmeal raisin cookie Cal 683</p>	<p>7 Birthday Menu Beef Cabbage Roll w/ tomato sauce, whipped potatoes, carrot coins, pumpkin roll Cal 630</p>	<p>8 Turkey w/gravy, lemon parsley potatoes, Brussels sprouts, wheat bread, banana Cal 632</p>	<p>9 Beef w/thin gravy, orzo w/peas & carrots in broth, beets, wheat roll, orange Cal 648</p>	<p>10</p>
 <p>Columbus Day</p>	<p>12 Columbus Day Swiss Steak w/tomato gravy, brown rice, broccoli, dinner roll, fruit cocktail Cal 686</p>	<p>13 Turkey Chili w/ black beans, corn & cheddar cheese, carrots, macaroni, rye bread, orange Cal 681</p>	<p>14 Beef Teriyaki Meatballs w/gravy, scalloped potatoes, Italian green beans w/ red pepper, pineapple chunks Cal 661</p>	<p>15 Apple & Spice Boneless Pork, zucchini & yellow squash, noodles w/ cabbage, Italian bread, apple Cal 641</p>	<p>16 Chicken Brest w/ marinara sauce, oven browned potatoes, spinach, multigrain bread, banana Cal 708</p>	 <p>Happy Boss's Day October 16th</p>
<p>18</p>	<p>19 Turkey w/gravy, whipped yams, broccoli florets, peppers, & corn, wheat bread, macintosh apple Cal 614</p>	<p>20 Baked Cod, Au Gratin potatoes, stewed tomatoes & zucchini, multi-grain bread, fruit cocktail, fig newtons Cal 721</p>	<p>21 Chicken Breast Paprika w/sauce, wide noodles, carrot coins, dinner roll, orange Cal 618</p>	<p>22 Bow Ties in Beef meat sauce, french style green beans, Italian bread, pineapple cuts Cal 621</p>	<p>23 Hearty Beef Stew w/potatoes, onions, carrots & celery, brown rice, yellow beans, wheat bread, peaches Cal 666</p>	
	<p>26 Boneless BBQ Country Ribs, scalloped potatoes, broccoli florets, wheat bread, pineapple cuts Cal 652</p>	<p>27 Chicken Breast w/ mushroom gravy, peas & carrots, brown rice pilaf, white bread, tangelo, graham crackers Cal 667</p>	<p>28 Cowboy Burger w/peppers & onions, cauliflower, barley, whole wheat sandwich bun, red delicious apple Cal 759</p>	<p>29 Open Face Turkey sandwich w/gravy, savory potatoes, carrot coins, multi-grain bread, pumpkin cookie Cal 630</p>	<p>30 Beef Meatloaf w/ tomato basil sauce, horseradish whipped potatoes, cold sliced beets, wheat bread, sliced pears Cal 679</p>	