






October

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1 Ground Beef Meatloaf w/gravy, butternut squash, Capri mix, wheat bread, banana</p> <p style="text-align: right;">Cal 716</p>	<p>2</p>
<p>3</p>	<p>4 Chicken Breast w/ gravy, yams w/ margarine & brown sugar, cauliflower, multi-grain bread, pears Cal 650</p>	<p>5 Baked Cod w/dill weed, creamy tomato macaroni & cheese, green beans w/red pepper, bread, yellow apple Cal 683</p>	<p>6 Birthday Menu Ground Beef Cabbage Roll w/tomato sauce, whipped potatoes, carrot coins, pumpkin roll Cal 630</p>	<p>7 Turkey w/thin gravy, lemon parsley potatoes, Brussels sprouts, wheat bread, banana Cal 632</p>	<p>8 Beef w/thin gravy, orzo w/peas & carrots in broth, beets, wheat roll, medium orange Cal 648</p>	<p>9</p>
<p>10</p>  <p>Happy Columbus Day</p>	<p>11 Columbus Day Swiss steak w/tomato gravy, brown rice, broccoli, dinner roll, fruit cocktail Cal 686</p>	<p>12 Turkey Chili w/ shredded cheddar cheese, macaroni, carrots, rye bread, orange Cal 661</p>	<p>13 Ground Beef Teriyaki Meatballs w/thin gravy, scalloped potatoes, Italian green beans, wheat bread, pineapple Cal 661</p>	<p>14 Boneless apple & spice pork w/sauce, noodles w/cabbage, zucchini & yellow squash, Italian bread, apple Cal 641</p>	<p>15 Boneless Chicken Breast w/marinara sauce, oven browned potatoes, cooked spinach multi-grain bread, banana Cal 708</p>	<p>16</p>  <p>Happy Sweetest Day!</p>
<p>17</p>	<p>18 Turkey w/thin gravy, whipped yams, broccoli florets, peppers, & corn, wheat bread, McIntosh apple Cal 614</p>	<p>19 Baked Cod, Au Gratin potatoes, stewed tomatoes & zucchini, multi-grain bread, fruit cocktail Cal 611</p>	<p>20 Boneless Chicken Paprika Breast w/thin sauce, noodles, Brussels sprouts, dinner roll, pineapple cuts, Fig Newtons Cal 708</p>	<p>21 Bow Ties in Ground Beef Meat Sauce, French style green beans, Italian bread, orange Cal 647</p>	<p>22 Hearty Beef Stew w/ potatoes, onions, carrots & celery, brown rice, yellow beans, wheat bread, tangerine Cal 658</p>	<p>23</p>
<p>24</p>	<p>25 Boneless BBQ Ribs, scalloped potatoes, broccoli florets, wheat bread, pineapple cuts Cal 652</p>	<p>26 Chicken Breast w/ mushroom gravy, brown rice pilaf, peas & carrots, white bread, graham crackers Cal 667</p>	<p>27 Beef Cowboy burger w/peppers & onions, on a whole wheat bun, barley, cauliflower, red delicious apple Cal 759</p>	<p>28 Halloween Menu Open Face Turkey Sandwich w/gravy, savory potatoes, carrots, bread, pumpkin raisin cookie Cal 630</p>	<p>29 Ground Beef Meatloaf w/tomato basil sauce, horseradish whipped potatoes, beets, wheat bread, sliced pears Cal 679</p>	<p>30</p>  <p>BOO!</p>
<p>31</p>  <p>Happy Halloween</p>			