



Let's Do Lunch!

OCTOBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Open Face Turkey Sandwich Peas & Onions Zucchini Fruit Cocktail 1% Milk	2 Beef & Spinach Lasagna Italian Vegetables Wheat Roll Warm Cinnamon Apples 1% Milk	3 Bean Burrito w/Green Chile Lima Beans w/Corn Stewed Tomatoes Oatmeal Cookie 1% Milk
6 Roast Beef Mashed Potatoes w/Gravy Glazed Carrots Wheat Roll Cookie 1% Milk	7 Green Chile Chicken Posole Green Beans w/Red Peppers Flour Tortilla Warm Apple Cobbler 1% Milk	8 Taco Salad Cold Orzo w/ Mixed Vegetables Crackers Sherbet 1% Milk	9 Tilapia Mac & Cheese Broccoli Biscuit Mandarin Oranges 1% Milk	10 Chicken Nuggets Black Eyed Peas Spinach Wheat Bread Cantaloupe 1% Milk
13 Pork Chop w/Gravy Scalloped Potatoes Scandinavian Vegetables Wheat Roll Pear Slices 1% Milk	14 Meatball Sub Buttered Noodles Italian Vegetables Orange 1% Milk	15 Chicken Stir Fry Brown Rice Crescent Roll Blueberry Cobbler 1% Milk	16 Turkey Tetrazzini Beets Dinner Roll Warm Cinnamon Apricots 1% Milk	17 Ham and Cheese Omelet Sautéed Potatoes & Onions Stewed Tomatoes Wheat Bread Fruit Cocktail 1% Milk
20 Mushroom Burger Rice Pilaf Crinkle Cut Carrots Yogurt 1% Milk	21 Eggplant Parmesan w/Buttered Noodles Cauliflower Dinner Roll Tapioca Pudding 1% Milk	22 Chicken Stew Cornbread Tossed Salad w/Dressing Hot Peach Slices 1% Milk	23 Carne Adovada Pinto Beans Calabacitas Tortilla Mandarin Oranges 1% Milk	24 Smoked Salmon Au Gratin Potatoes Mixed Vegetables Wheat Roll Banana 1% Milk
27 Corndog Tater Tots Broccoli Orange 1% Milk	28 Spaghetti w/Meat Sauce Brussel Sprouts Garlic Breadstick Warm Cinnamon Apples 1% Milk	29 Ham w/Pineapple Sauce Sweet Potatoes Asparagus Wheat Roll Pineapple Chunks 1% Milk	30 Chicken Taco Pinto Beans Mexicorn Cookie 1% Milk	31 Brisket Red Rosemary Potatoes Green Beans Dinner Roll Pumpkin Cheesecake 1% Milk

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread only upon request.