



Let's Do Lunch!

October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Green Chile Pork w/ Beans Mixed Vegetables Wheat Crackers Apple Slices 1% Milk	2 Tilapia w/ Lemon Pepper Macaroni and Cheese Summer Squash Grapes 1% Milk
5 Beef Stroganoff Cauliflower with Red Peppers Whole Wheat Roll with Margarine Warm Peach Slices 1% Milk	6 Pollock w/ Tartar Sauce Rosemary Red Potatoes Green Beans w/ Mushrooms Sliced Bread w/ Margarine Chocolate Pudding 1% Milk	7 Chicken and Rice Oriental Vegetables Biscuit w/ Margarine Apple 1% Milk	8 Ham Mac & Cheese Peas Cornbread w/ Margarine Fruit Cocktail 1% Milk	9 Cheeseburger French Fries w/ Ketchup Baby Carrots Orange 1% Milk
12 Pork Posole w/ Red Chile Spanish Rice Spinach Dinner Roll w/ Margarine Chocolate Chip Cookie 1% Milk	13 Steak Fingers w/ Salsa Tater Tots Broccoli Wheat Bread w/ Margarine Mandarin Oranges 1% Milk	14 Hot Dog Mac & Cheese w/ Diced Tomatoes Squash Yogurt 1% Milk	15 Green Chile Chicken Enchiladas Pinto Beans Stewed Tomatoes Tortilla w/ Margarine Watermelon 1% Milk	16 Salisbury Steak w/ Gravy Scalloped Potatoes Mixed Vegetables Dinner Roll w/ Margarine Banana 1% Milk
19 Stuffed Baked Potato Oriental Vegetables Biscuit w/ Margarine Warm Cinnamon Apples 1% Milk	20 Salmon w/ Lemon Butter Rice Pilaf Asparagus Crescent Roll w/ Margarine Grapes 1% Milk	21 Chicken Wrap Tossed Salad w/ Low Fat Dressing Cold Orzo Pasta w/ Marinated Vegetables Sherbet 1% Milk	22 BBQ Beef Brisket on Hoagie Mashed Potatoes w/ Gravy Glazed Carrots Pineapple 1% Milk	23 Chili Beans w/ Cheese & Onions Calabacitas Brown Rice Tortilla with Margarine Tapioca Pudding 1% Milk
26 Green Chile Pork Stew Green Beans w/Mushrooms Tortilla w/ Margarine Sugar Cookies 1% Milk	27 Spaghetti w/ Meat Sauce Italian Vegetables Garlic Bread Apricot Slices 1% Milk	28 Chicken Tenders w/ BBQ Sauce Ranch Beans Brussel Sprouts Wheat Bread w/ Margarine Sliced Strawberries 1% Milk	29 Open Faced Turkey Sandwich Rice Pilaf Beets Pear 1% Milk	30 Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Crinkle Cut Carrots Dinner Roll w/ Margarine Orange Jell-O 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.