

**OCTOBER 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Southern Breaded Chicken Mashed Potatoes & Country Gravy Peas Cornbread/Butter Chefs Choice Cookie	Cheeseburger on Bun Potato Wedges Ketchup Pkt Baked Beans Apple Pie	Chicken Parmesan/Noodles Sliced Carrots Tropical Fruit Garlic Breadstick Butterscotch Pudding/Topping	Swedish Meatballs Mashed Potatoes/Gravy Green Beans Dinner Roll/Butter Pineapple Tidbits	Lemon Pepper Tilapia Rice Pilaf Scalloped Corn Seasonal Fruit Dinner Roll/Butter Lemon Bar Tartar Sauce Packet <b>ALT: Lemon Pepper Chicken</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Salisbury Steak Mashed Potatoes/Gravy Carrots Dinner Roll/Butter Jello/Whipped Topping	Sweet & Sour Chicken Fried Rice Vegetable Egg Roll Sweet & Sour Sauce Pkt Mandarin Oranges Sugar Cookie	Beef Lasagna Side Salad/ Ranch Dressing Mixed Veggies Breadstick/Butter 7 Layer Bar	Chicken Drumstick BBQ Pkt Potato Tots Pineapple Coleslaw Buttermilk Biscuit/Butter Apple Crisp	Beef Chili Baked Potato Sour Cream/Butter Broccoli Dinner Roll Pumpkin Spice Cupcake/Cream Cheese Frosting
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Beef Goulash Whole Kernel Corn Garlic Toast/Butter Spiced Hot Peaches	Chicken Wild Rice Casserole Carrots Pears Dinner Roll/Butter Chef's Choice Cookie	Stuffed Cabbage Roll/Stewed Tomatoes Peas Garlic Breadstick/Butter Jello-Fluff	Meatloaf Mashed Potatoes/Gravy Mixed Veggies Dinner Roll/Butter Chocolate Strawberry Pudding/Whipped Topping	Ham/Scalloped Potatoes Peas and Carrots Seasonal Fruit Multi-Grain Bread/Butter Blonde Brownie <b>Alt: Chicken/Scalloped Potatoes</b>
<b>23</b>	<b>24</b>	<b>25-Birthday Meal</b>	<b>26</b>	<b>27</b>
Chicken Kiev Broccoli Rice Pilaf Dinner Roll/Butter Chef's Choice Cookie	Cheese Ravioli/Marinara Sauce Mixed Veggies Apple Garlic Breadstick/Butter Jello/Whipped Topping	Beef Pot Roast Mashed Potatoes & Brown Gravy Parslied Carrots Dinner Roll/Butter Chocolate Cream Pie	Roast Pork/Apple Cranberry Sauce Green Beans Banana Wheat Bread/Butter Fruited Pudding Tartlet <b>ALT: Chicken Breast/Apple Cranberry Sauce</b>	Chicken Primavera Italian Veggie Blend Hand Fruit Garlic Toast/ Butter Blonde Brownie
<b>30</b>	<b>31</b>			
Cheese Omelet Turkey Sausage Tri-Tators Apple Juice Fruit Muffin/Butter	Spaghetti & Meatballs in Marinara Sauce Mixed Veggies Garlic Toast Hand Fruit Halloween Pudding Cup			