



October 2024 Regular Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 "Piggie" Casserole Cauliflower Mixed Veg Sliced Peaches	2 Unstuffed Chicken Brussel Sprouts Yellow Squash Orange	3 Baked Ham Green Beans Mashed Sweet Potatoes Plum W. Grain Bread	4 Spinach & Swiss Egg Scramble Sliced Potatoes Snap Peas/Banana W. Grain Bread
	7 Beef Tips with Mushroom Gravy over Egg Noodles Peas/Fruit Cocktail	8 Chicken Cacciatore Broccoli Italian Beans Pear W. Grain Bread	9 Rosemary Garlic Pork Loin Red Beets Cauliflower Pineapple Tidbits W. Grain Bread	10 Chicken Scampi Over Brown Rice Snap Peas Stewed Tomatoes Apple
14 Herb Roasted Chicken Thigh Brown Rice Pilaf California Veg Blend	15 Pasta Fagiloi Carrots Zucchini Sliced Peaches	16 Spaghetti & Meatballs Broccoli Mixed Veg Diced Pears	17 Turkey Pot Pie Peas Cauliflower Banana	18 Baked Fish Piccata Over Brown Rice Italian Veg Blend Brussel Sprouts Orange
21 Pierogi with Onions Stewed Tomatoes Carrots Pear	22 Turkey & Bean Chili Over Brown Rice Mixed Veg Cinnamon Apples	23 Bruchetta Chicken Italian Vegetable Blend Cauliflower Banana W. Wheat Dinner Roll	24 Roast Beef w/Gravy Mashed Potatoes Italian Beans Pineapple Tidbits W. Grain Bread	25 Cheesy (Cheddar) Tuna Bake California Veg Blend Green Beans Plum
28 Salisbury Steak Mashed Cauliflower Cali Blend Veg Orange W. Grain Bread	29 Sausage Calabrese Italian Beans Carrots/Apple W. Grain Bread	30 Vegetable Lo Mein Red Cabbage Snap Peas Banana	31 Balsamic Chicken Orzo Italiano Peas & Carrots Pineapple Tidbits W. Grain Bread	8 oz. carton of 2% milk is served with lunch 