

October Menu 2018

1	Green Salad Four Cheese Ziti Steamed Broccoli Beverage Choice Chef's Dessert	2	Green Salad Salisbury Steak Fresh Mashed Potatoes/Gravy Green Beans Beverage Choice Chef's Dessert	3	Green Salad Homestyle Turkey/Gravy Cranberry Sage Dressing Mixed Vegetables Beverage Choice Chef's Dessert	4	Green Salad Classic Baked Ham Scalloped Potatoes Chef's Steamed Vegetable Baked Roll Beverage Choice Chef's Dessert	5	Green Salad Teriyaki Meatballs Parsley Rice Glazed Baby Carrots Beverage Choice Chef's Dessert	6	Chef's Choice Assorted Pizza's Spinach Calzones Roasted Mixed Vegetable Ice Cream Sundaes
8	Green Salad Meatloaf Fresh Mashed Potatoes Mixed Vegetables Beverage Choice Chef's Dessert	9	Green Salad Penne Pasta Marinara Sauce Grilled Zucchini Beverage Choice Chef's Dessert	10	Green Salad Glazed Baked Ham Roasted Red Potatoes Sautéed Spinach Beverage Choice Chef's Dessert	11	Green Salad Beef Patty/Mushroom Sauce Rice Mixed Vegetables Beverage Choice Chef's Dessert	12	Green Salad Baked Chicken with Garlic and Herbs Seasoned Rice Capri Blend Beverage Choice Chef's Dessert	13	Chef's Choice Assorted Pizza's Spinach Calzones Roasted Mixed Vegetable Ice Cream Sundaes
15	Green Salad Honey Curry Chicken Breast Rice Pilaf Broccoli Baked Roll Chef's Dessert	16	Green Salad Easy Salisbury Steak Fresh Mashed Potatoes/Gravy Green Beans Beverage Choice Chef's Dessert	17	Green Salad Four Cheese Ziti Steamed Broccoli Beverage Choice Chef's Dessert	18	Green Salad Oven Roasted Chicken Lyonnais Potatoes Mixed Vegetables Baked Roll Chef's Dessert	19	Green Salad Glazed Baked Ham Roasted Red Potatoes Sautéed Spinach Beverage Choice Chef's Dessert	20	Chef's Choice Assorted Pizza's Spinach Calzones Roasted Mixed Vegetable Ice Cream Sundaes
22	Green Salad Meatloaf Fresh Mashed Potatoes Mixed Vegetables Beverage Choice Chef's Dessert	23	Green Salad Swedish Meatballs Home Egg Noodles Green Beans Baked Roll Chef's Dessert	24	Green Salad Herb Crusted Pork Roast Spinach Parmesan Roasted Potatoes Baked Roll Chef's Dessert	25	Green Salad Honey Curry Chicken Breast Rice Pilaf Broccoli Baked Roll Chef's Dessert	26	Green Salad Four Cheese Ziti Steamed Broccoli Beverage Choice Chef's Dessert		
29	Green Salad Marinated Drum Sticks Mushroom Sauce Mixed Vegetable Baked Roll Chef's Dessert	30	Green Salad Hamburger Steak/Onions Sour Cream Potatoes Capri Blend Baked Roll Chef's Dessert	31	Green Salad Bacon Wrapped Patty Turkey Roast/Stuffing Baked Potato Greens Baked Roll Chef's Dessert						

Diane Jager, RDN
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