

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Navy Bean and Kale Soup Garden Salad Rustic Roll Cookie Fruit	2 Roast Beef and Cheddar Sandwich Potato Wedges Mandarin Oranges	3 Lasagna Broccoli Breadstick Fresh Fruit Cookie
6 Cheese Pizza Garden Salad Tapioca Pudding	7 Herb Grilled Pollock Rosemary Potatoes Vegetables Fruit	8 Beef Stroganoff Green Beans Applesauce	9 Mac and Cheese Pickled Beets Fruit	10 Grilled Chicken Sandwich w/ lettuce and tomato Sweet Potato Fries Cookie/Peaches
13 Salisbury Steak Mashed Potatoes and Gravy Vegetables Fruit	14 Vegetable Quiche Roasted Potatoes Yogurt Muffin Pineapple	15 Tuna Salad Sandwich Chips Fruit	<b>Oktoberfest</b> 16 Bratwurst w/sauerkraut, peppers on roll Bavarian Potato Salad Apple Strudel	17 Oven Fried Chicken Rosemary Potatoes Green Beans Pears Dinner Roll
20 Spaghetti w/meat sauce Garlic Bread Vegetables Fruit	21 Hot Turkey Sandwich w/mashed potatoes and gravy Vegetables Fruit	22 Stuffed Peppers Steamed Rice Vegetables Fruit	23 Crispy Fish Fillet on Hoagie Roll w/ Lettuce and Tarter Coleslaw French Fries Pineapple	24 Lemon Pepper Drumsticks Rice Pilaf Vegetables Mandarin Oranges Dinner Roll
27 Egg Salad Sandwich Sausage Lentil Soup Chips Applesauce	28 Swedish Meatballs over egg noodles Steamed Carrots Dinner Roll Fruit/ Cookie	29 Grilled Chicken Breast Wild Rice Vegetables Fruit	30 Baked 3 Cheese Pasta w/ meat sauce Broccoli Breadstick Fruit	<b>Halloween</b> 31 BBQ Rib Sandwich Coleslaw Tater Tots Pumpkin Bar Fruit

1% milk, 2oz of whole grain, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

Suggested meal donation for eligible persons is \$4.00. For non-eligible persons, cost is \$8.00 per meal