

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Enchilada	Western Omelet
			Fiesta Corn	Hash brown Square
			Mexican Rice	Carrot Slices
			Creamy Fruit Salad	Strawberries
			Oatmeal Cookie	Bran Muffin
5	6	7	8	9
Pork Cutlet	Fish and Chips	Roast Turkey	Ham & Bean Soup	Chicken & Noodles
Fried Potato w/ Onion	Lettuce Salad	Escalloped Potatoes	Stewed Tomatoes	Mashed Potatoes
Peas	Garlic Breadstick	Brussels Sprouts	Tropical Fruit	Green Beans
Peaches	Mixed Berry Cup	Apricot Halves	Fruited Yogurt	Plums
Cottage Cheese		Cranberry Sauce	Corn Bread	
12	13	14	15	16
Salmon Loaf	Beef & Broccoli	Breaded Fried Steak	Turkey Supreme	Broccoli Cheddar Soup
Creamed Peas & Carrots	Stir Fried Rice	Mashed Potatoes & Gravy	Wheat Dinner Roll	1/2 Tuna Salad Sandwich
Parslied Potato	Oriental Vegetables	Spinach	Asparagus	Carrots
Pears	Fruit Cocktail	Cinnamon Peaches	Grapes	Apricots
Cherry Pink Cloud Dessert	Chocolate Chip Cookie	Rice Krispie Bar	Frosted Cake	Choc Pudding w/Topping
19	20	21	22	23
Swedish Meatballs over	Liver and Onions	Chicken Tetrizzini	BBQ Riblet	Lemon Fish
Buttered Noodles	Roasted Sweet Potatoes	Broccoli	Potato Salad	Rice Pilaf
Garden Mixed Vegetables	Lima Beans	Melon	Corn & Kidney Bean Salad	Capri Vegetables
Fruit Cocktail	Applesauce in Gelatin	Angel Food Cake w/	Orange	Fruited Cabbage Salad
Whole Wheat Roll	Brownie	Strawberries	Peanut Butter Cookie	Butterscotch Pudding
26	27	28	29	30
Potato Bacon Soup	Fish Nuggets	Pizza Casserole	Hot Turkey Sandwich	HALLOWEEN PARTY 
1/2 Ham Salad Sandwich	Whip Potatoes & Gravy	Cauliflower Cuts	Broccoli	Bubbling Cauldron of Chili
Spinach Salad	Brussels Sprouts	Lettuce Salad	Diced Peaches	Witches' Fingers
Crackers	Fruit Cocktail	Mixed Berries	Chocolate Chip Cookie	Children of the Corn (Bread)
Pears	Ice Cream	Breadstick		Eyeball Grapes
				Halloween Poke Cake

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


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