

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Western Omelet Hash brown Square Carrot Slices Strawberries Bran Muffin
<b>4</b> Pork Cutlet Fried Potato w/ Onion Brussels Sprouts Peaches Cottage Cheese	<b>5</b> Fish and Chips Lettuce Salad Garlic Breadstick Mixed Berry Cup	<b>6</b> Roast Turkey Escalloped Potatoes Brussels Sprouts Apricot Halves Cranberry Sauce	<b>7</b> Ham & Bean Soup Stewed Tomatoes Tropical Fruit Fruited Yogurt Corn Bread	<b>8</b> Chicken & Noodles Mashed Potatoes Green Beans Plums
<b>11</b> Salmon Loaf Creamed Peas & Carrots Parslied Potato Pears Cherry Pink Cloud Dessert	<b>12</b> Beef & Broccoli Stir Fried Rice Oriental Vegetables Fruit Cocktail Peanut Butter Crispy Bar	<b>13</b> Crispy Baked Chicken Mashed Potatoes & Gravy Spinach Cinnamon Peaches	<b>14</b> Turkey Supreme Wheat Dinner Roll Asparagus Grapes Frosted Cake	<b>15</b> Broccoli Cheddar Soup 1/2 Tuna Salad Sandwich Carrots Apricots Choc Pudding w/Topping
<b>18</b> Swedish Meatballs over Buttered Noodles Garden Mixed Vegetables Fruit Cocktail Whole Wheat Roll	<b>19</b> Baked Ham Roasted Sweet Potatoes Lima Beans Applesauce in Gelatin Brownie	<b>20</b> Chicken Tetrizzini Broccoli Melon Angel Food Cake w/ Strawberries	<b>21</b> BBQ Riblet Potato Salad Corn & Kidney Bean Salad Orange Peanut Butter Cookie	<b>22</b> Lemon Fish Rice Pilaf Capri Vegetables Fruited Cabbage Salad Butterscotch Pudding
<b>25</b> Potato Bacon Soup 1/2 Ham Salad Sandwich Spinach Salad Crackers Pears	<b>26</b> Fish Nuggets Whip Potatoes & Gravy Brussels Sprouts Fruit Cocktail	<b>27</b> Pizza Casserole Lettuce Salad Mixed Berries Yogurt Breadstick	<b>28</b> Hot Turkey Sandwich Broccoli Diced Peaches Chocolate Chip Bar	<b>29</b> <b>HALLOWEEN PARTY</b> Bubbling Cauldron of Chili Witches' Fingers Children of the Corn (Bread) Eyeball Grapes Halloween Poke Cake

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

  
Stephanie Labenz, MS, RD, LD