


















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>October 2</b></p> <p>3 ounces Roasted Pork Loin with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Sliced Carrots White Bread Spice Cake with Icing</p> 	<p align="center"><b>October 3</b></p> <p align="center"><u>October Birthdays</u></p> <p>3/4 cup Baked Ziti with Meatballs (3) with Marinara Sauce with 1 ounce Cheese Topping 1 cup Caesar Salad Italian Bread</p> <p align="center">Birthday Cake</p>	<p align="center"><b>October 4</b></p> <p>Breaded Chicken Cutlet 1/2 cup Au Gratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges</p>	<p align="center"><b>October 5</b></p> <p>Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit</p> 	<p align="center"><b>October 6</b></p> <p>3 ounces Baked Salmon with 1 ounce Teriyaki Glaze 1/2 cup Brown Rice 1/2 cup Broccoli White Bread 1/2 cup Pineapple Tidbits</p> 
<p align="center"><b>October 9</b></p> 	<p align="center"><b>October 10</b></p> <p>BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches</p> 	<p align="center"><b>October 11</b></p> <p>Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Cauliflower White Bread 1/2 cup Mixed Fruit Salad</p> 	<p align="center"><b>October 12</b></p> <p>Chicken Philly Pita with Onions, Peppers, and Cheese 1 cup Creamy Potato Soup with Crackers Pita Bread 1/2 cup Blushed Pears</p>	<p align="center"><b>October 13</b></p> <p>Breaded Lemon Pepper Pollock 1/2 cup Wild Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Applesauce</p> 
<p align="center"><b>October 16</b></p> <p>4 ounces Porcupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples</p> 	<p align="center"><b>October 17</b></p> <p>All Center Training Heritage Closed</p> 	<p align="center"><b>October 18</b></p> <p>Beef Brasciole with Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots White Bread 1/4 cup Cottage Cheese with 1/2 cup Sliced Peaches</p>	<p align="center"><b>October 19</b></p> <p>Tomato and White Wine Braised Chicken Thigh 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit</p> 	<p align="center"><b>October 20</b></p> <p>Breaded Fish Sandwich with Cheese 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Hamburger Roll 1/2 cup Sliced Pears</p> 
<p align="center"><b>October 23</b></p> <p>1/2 cup Burgundy Beef with Mushrooms Over 1/2 cup Egg Noodles 1/2 cup Broccoli and Carrots Wheat Bread 1/2 cup Mixed Fruit Salad</p>	<p align="center"><b>October 24</b></p> <p>1 cup Chicken and White Bean Chili 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato Biscuit Mandarin Oranges</p> 	<p align="center"><b>October 25</b></p> <p>Pizza Burger 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Coleslaw Hamburger Roll 1/2 cup Sherbet</p> 	<p align="center"><b>October 26</b></p> <p>3 ounces Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Braised Red Cabbage White Bread 1/2 cup Apple Cranberry Crisp</p>	<p align="center"><b>October 27</b></p> <p>Baked Crab Cake 1/2 cup Cheesy Shells 1/2 cup Sweet Peas White Bread 1/2 cup Tropical Fruit</p> 
<p align="center"><b>October 30</b></p> <p>3 ounces Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato 1/2 cup Sliced Carrots Italian Bread Sugar Cookie</p> 	<p align="center"><b>October 31</b></p> <p>1 cup Ghostly Chili 1/2 cup Ant and Finger Salad 4 ounces Hocu Pocus Juice Moldy Biscuit Spooky Pumpkin Potion</p> 	<p align="center"><b>October 31</b></p>   		

\*\*\* All meals are subject to change \*\*\*  
\*\*\* Served Daily: 8 ounces Milk and 1 teaspoon Margarine