












Monday	Tuesday	Wednesday	Thursday	Friday
1 Tomato salad/croutons Chili topped baked potato with cheese Pears 	2 Asian slaw Sweet & sour chicken on rice Stir fry vegetables Mandarin oranges	3 Broccoli salad Salmon Roast potato medley Seasonal fresh fruit	4 Tossed salad/crackers Salisbury steak Mashed potatoes Dilled carrots Apricots 	5 Tossed salad Roast pork w/ scalloped apples Stuffing Green beans Seasonal fresh fruit 
8 Cottage cheese w/ pineapple Hearty lentil soup Rustic roll Seasonal fresh fruit	9 Tossed salad Chicken alfredo on penne Mixed vegetables Applesauce 	10 Spinach salad/croutons Shepherd's pie w/ mashed potatoes Dilled carrots Mandarin oranges	11 Cucumber salad Baked fish with lemon dill sauce Baked potato Seasonal fresh fruit	12 Tossed salad French dip on hoagie roll Potato wedges Seasonal fresh fruit
15 Fiesta salad Spinach quiche Roast potatoes Muffin Citrus sections	16 <b>Oktoberfest</b> Bratwurst with sauerkraut and peppers / roll Bavarian potato salad Apple strudel 	17 Coleslaw Fish burger w/ bun Sweet potato fries Seasonal fresh fruit	18 Chicken soft taco Rancho beans Spanish rice Pineapple 	19  Tossed salad Beef macaroni tomato casserole Seasonal fresh fruit
22 Tossed salad Cheese ravioli with marinara sauce Bread stick Tropical fruit 	23 Beet salad Chicken pot pie with vegetables & biscuit top Peaches	24 Taco salad with beef, cheese, rancho beans, chips, salsa and sour cream Mandarin oranges	25 Carrot raisin salad Meatball stroganoff on noodles Capri vegetables Seasonal fresh fruit	26 Cucumber salad Lemon pepper pollock Rice pilaf Roll Seasonal fresh fruit
29 Fruit salad Spanish omelet Potato medley Cookie 	30 Tossed salad/crackers Spaghetti & meat sauce w parmesan cheese Garlic breadstick Fruit cocktail	31 <b>Halloween</b> Swamp grass salad  Bloody chicken fingers Vampire repelling garlic fries Bobbing apples Jack o'lantern bar		

1% milk, roll or bread, 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 \$3.00. For non-eligible persons, cost is \$7.50 per meal