




# October Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2% milk, bread and margarine provided daily</b> 	<b>Safety for all.</b>  <b>**Please wear a mask when your meal is delivered**</b>			<u>1</u> <b>Cold Plate: Garden Cottage Cheese</b> Potato Salad Mountain Green Salad Chilled Fruit
<u>4</u> <b>Herbed Baked Cod</b> Scalloped Potatoes Glazed Carrots Raisins	<u>5</u> <b>Chicken Cacciatore</b> Yellow Rice Steamed Zucchini <b>Birthday Cake</b>	<u>6</u> <b>Salisbury Steak w/ Mushroom Sauce</b> Roasted Potato Mixed Vegetables Fresh Fruit	<u>7</u> <b>Turkey Tetrazzini</b> W.W. Pasta Whole Kernal Corn Fruit Cup	<u>8</u> <b>Stuffed Shells</b> Steamed Spinach Warm Garlic W.W. Roll Mandarin Oranges
<u>11</u> 	<u>12</u> <b>Kielbasa on a W.W. Bun w/ Sauerkraut</b> Green Beans <b>Octoberfest Dessert</b>	<u>13</u> <b>Turkey Meatloaf &amp; Gravy</b> Mashed Potatoes Hubbard Squash Chilled Fruit	<u>14</u> <b>Pork Loin w/ Apple Glaze</b> Steamed Rice Blend Cape Cod Blend Chilled Peaches	<u>15</u> <b>Chopped Steak &amp; Gravy</b> Parsley Potatoes Brussel Sprouts Sweet Plums
<u>18</u> <b>Cold Plate: Sliced Turkey</b> Red Potato Salad Three Bean Salad Croissant Cookie	<u>19</u> <b>Baked Dill Fish</b> Beans & Greens Malibu Vegetables Fresh Fruit	<u>20</u> <b>Chicken &amp; Biscuits</b> Capri Vegetables Fresh Fruit Cup	<u>21</u> <b>Beef Vegetable Stew</b> Garden Vegetables Warm W.W. Roll Sweet Cherries	<u>22</u> <b>Ham w/ Pineapple Raisin Sauce</b> Au Gratin Potatoes Winter Blend Vegetable Chilled Apricots
<u>25</u> <b>BBQ Pulled Pork on Whole Wheat Bun</b> Sliced Beets Warm Chunky Applesauce	<u>26</u> <b>Chicken w/ Garlic Sauce</b> Sweet Potatoes Cauliflower Crushed Pineapple	<u>27</u> <b>Broccoli &amp; Cheese Quiche</b> Italian Vegetables Summer Squash Fruit Cocktail	<u>28</u> <b>Spanish Rice</b> Wax Beans Warm Muffin Bread Fresh Cantaloupe	<u>29</u> <b>Ghostly Macaroni &amp; Cheese</b> Goblin Peas Bloody Tomatoes <b>Jackolantern Mousse</b>

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