October 2022
Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 3 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	**October 4** 1/2cPopcorn Chicken 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches 	**October 5** **Picnic Lunch** Sliced Turkey on Whole Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Lemonade	**October 6** **Picnic Lunch** Italian Sandwich (Ham. Salami & Provolone, W Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Iced Tea	**October 7** 1/2c Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit 
October 10 **CLOSED** **COLUMBUS DAY**	**October 11** Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles 1 Breadstick 1/2c Mixed Fruit	**October 12** Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	**October 13** **Picnic Lunch** Chicken Salad with Lettuce & Tomato on Wheat Bread Macaroni Salad Pickled Beets Fresh Fruit Cookie Iced Tea	**October 14** 1/2c Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges
October 17 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight 	**October 18** Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 White Bread 1/2c. Warm Apple Cranberry Crisp	**October 19** Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit 	**October 20** Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	**October 21** **Picnic Lunch** Tuna Salad on Wheat Roll Fruit Juice Cucumber Salad Cookie Milk
October 24 **Picnic Lunch** Sliced Turkey on Whole Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Lemonade	**October 25** Grilled Chicken Salad (2oz Chicken, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin	**October 26** Pepper Steak w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	**October 27** **Picnic Lunch** Sweet Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Milk	**October 28** 1/2c Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding 
October 31 **Happy Halloween** 1c Ghostly Chili Fingers & Ant Salad Hocus Pocus Juice Moldy Biscuit Pumpkin Potion				The Nutrition Group