

## Tuesday, October 1

- Baked Pollak w/ Lemon Sauce
- Mixed Vegetable Blend
- Broccoli Salad
- Chicken Soup

## Wednesday, October 2

- BBQ Chicken
- Yam
- Tri Color Cole Slaw
- Brown Rice

## Thursday, October 3

- Tamale Pie
- Black Beans
- Mesclun Salad
- Polenta

## Friday, October 4

- Meatloaf w/ Gravy
- Garlic Mashed Potatoes
- Roasted Brussel Sprouts
- Whole Grain Roll

## Monday, October 7

- Chicken Adobo
- Green peas
- Mesclun Salad
- Brown Rice

## Tuesday, October 8

- Turkey Milanese
- Cauliflower & Zucchini
- Carrot Raisin Salad
- Linguine W/ Pesto

## Wednesday, October 9

- Salmon w/ Dill Sauce
- Split Pea Soup
- Green Beans
- Chopped Salad

## Thursday, October 10

- Asian Beef Stir Fry
- Mixed Asian Veg
- Beet Salad
- Hot & Sour Soup

## Friday, October 11

- Vegetarian Chili
- Herb Roasted Carrots
- Mixed Salad
- Barley

## Monday, October 14

- Spaghetti w/ Meat Sauce
- Broccoli
- Green Beans
- Caesar Salad

## Tuesday, October 15

- Beef Fajitas
- Pinto Beans
- Corn
- Tortilla

## Wednesday, October 16

- Mediterranean Chicken
- Roasted Vegetables
- Lentil Salad
- Brown Rice Pilaf

## Thursday, October 17

- Tuna Noodle Casserole
- Herb Potatoes
- Creamy Coleslaw
- Corn Chowder Soup

## Friday, October 18

- Roast Turkey Breast
- Baked Sweet Potato
- Spinach Salad
- Whole Grain Stuffing

## Monday, October 21

- Fish Creole
- Red Beans
- Creamy Coleslaw
- Tortilla

## Tuesday, October 22

- Chicken Dijon
- Herb Zucchini & Green Beans
- Chopped Salad
- Fresh Fruit

## Wednesday, October 23

- Stuffed Bell Pepper
- Mixed Vegetables
- Romaine Salad
- Dinner Roll

## Thursday, October 24

- Tuscan Bean Stew
- Roasted Cauliflower
- Spinach Salad
- Whole Grain Roll

## Friday, October 25

- Korean BBQ
- Saute Zucchini w/ Sesame Seeds
- Broccoli Salad
- Herbed Brown Rice

## Monday, October 28

- Savory Beef Stew
- Mashed Potatoes
- Roasted Brussel Sprouts
- Whole Grain Roll

## Tuesday, October 29

- Turkey Vegetable Stir Fry
- Cabbage Cucumber Salad
- Lo Mein Noodles
- Whole Grain Bread

## Wednesday, October 30

- Caribbean Chicken
- Vegetable Soup
- Corn
- Brown Rice Pilaf

## Thursday, October 31

- Bolognese W/ Penne Pasta
- Herbed Zucchini & Squash
- Caesar Salad
- Fruit Cup
- Menu subject to change
- \$3 suggested donation

