









OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Veal Parmesan Ziti with sauce Broccoli Parmesan cheese Garlic bread Pear crisp		Pork loin/gravy Mashed potato Italian blend veg Marble bread Applesauce	Indicated low-fat low sodium meals 
9	10	11	12	13
	Hamburger on bun ketchup Sweet potato fries Tomato and cucumber salad Orange juice Marble cake		Butternut squash & apple soup Mediterranean Grilled chicken with spinach, and tomato Bowtie noodles Rye bread Fresh fruit	Top 3 Healthy Heart Tips 
16	17	18	19	20
	Corn chowder Chef salad with romaine, turkey ham, cheese, egg French dressing Wheat dinner roll peaches		Salisbury steak/gravy Mashed potato Peas and carrots Wheat bread Apple juice brownie	
23	24	25	26	27
	Chicken parmesan Penne with sauce Parmesan cheese Tossed salad with cucumber and Italian dressing Italian bread Fresh fruit		Pot roast/gravy Baked potato/sour cream Chuck wagon blend Multi grain bread Birthday Cake Happy Birthday Special	
30	31			
	Foul Fowl Witches Brew Steamed Fly Larva Gastly Greens Candy Corn Brownies			Suggested donation is \$3.00 per meal



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