

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A: Swiss Steak ²
 B: Garlic Rosemary Chicken
 Whipped Potatoes
 Glazed Carrots
 Wheat Roll
 Tropical Fruit
 Milk | Margarine

A: Chicken Primavera ³
 B: Pasta Primavera
 Whole Kernel Corn
 Brussels Sprouts
 Breadstick
 Fresh Fruit
 Milk | Margarine

A: Creole Chicken ⁴
 B: Beef Chili
 Baked Potato
 Broccoli
 Dinner Roll
 Oatmeal Cookie/Diet Cookies
 Milk | Margarine

A: Meatball Stroganoff ⁵
 B: Chicken A La King
 Brown Rice
 Green Peas w/Red Peppers
 Biscuit
 Mandarin Oranges & Pineapple
 Milk | Margarine

A: Glazed Ham ⁶
 B: Turkey with Gravy
 Mashed Spiced Yams
 Cabbage
 Wheat Roll
 Fruited Gelatin/Diet Gelatin
 Milk | Margarine

A: Spanish Beef Patty ⁹
 B: Pork Loin Piccata
 Delmonico Potatoes
 Zucchini
 Wheat Bread
 Peanut Butter Cookie/Diet Cookie
 Milk | Margarine

A: Swedish Meatballs ¹⁰
 B: Chicken A La King
 Rotini Noodles
 Green Beans Amandine
 Wheat Roll
 Hot Spiced Apples
 Milk | Margarine

A: Baked Chicken w/Gravy ¹¹
 B: Savory Beef Patty
 Country Corn
 Peas and Carrots
 Multi Grain Bread
 Fresh Fruit
 Milk | Margarine

A: Veal Italiano ¹²
 B: Chicken Marsala
 Fettuccini Noodles
 Spinach
 Multi Grain Bread
 Peaches
 Milk | Margarine

A: Chicken Chili ¹³
 B: Vegetarian Chili
 Rosemary Potatoes
 Carrots
 Saltine Crackers
 Birthday Cake
 Milk | Margarine

A: Cranberry Dijon Chicken ¹⁶
 B: Beef Patty w/Pepper Gravy
 Rice Florentine
 Carrots
 Wheat Roll
 Fresh Fruit
 Milk | Margarine

A: Liver & Onions ¹⁷
 B: BBQ Chicken
 Whipped Potatoes
 Broccoli
 Multi Grain Bread
 Pears
 Milk | Margarine

A: Sliced Turkey w/Gravy ¹⁸
 B: Mushroom Beef Patty
 Baked Sweet Potato
 Mixed Vegetables
 Wheat Bread
 Fruited Gelatin/Diet Gelatin
 Milk | Margarine

A: Spaghetti w/Meat Sauce ¹⁹
 B: Spinach Lasagna
 Tossed Salad
 Breadstick
 Cherry Crisp/Diet Crisp
 Milk | Margarine

A: Honey Mustard Chicken ²⁰
 B: Teriyaki Meatballs
 Oven Roasted Potatoes
 Green Beans
 Wheat Bread
 Mandarin Oranges & Pineapple
 Milk | Margarine

A: BBQ Rib Patty ²³
 B: Baked Chicken
 Baked Beans
 Whole Kernel Corn
 Hamburger Bun
 Applesauce
 Milk

A: Roast Beef w/Gravy ²⁴
 B: Creamy Paprika Chicken
 Whipped Potatoes
 Green Peas
 Wheat Roll
 Fresh Banana
 Milk | Margarine

A: Chicken Stir Fry ²⁵
 B: Asian Meatballs
 Brown Rice
 Ginger Carrots
 Wheat Bread
 Peanut Butter
 Cookie/Diet Cookie

A: Turkey w/Supreme Sauce ²⁶
 B: Pork Roast w/Gravy
 Buttermilk Potatoes
 Spring Vegetables
 Wheat Roll
 Mandarin Oranges
 Milk | Margarine

A: Meatloaf w/Tomato Gravy ²⁷
 B: Broccoli Spinach Egg Bake
 Oven Roasted Potatoes
 Italian Vegetables
 Wheat Bread
 Fresh Fruit
 Milk | Margarine

A: Country Fried Steak ³⁰
 B: Pineapple Chicken
 Whipped Potatoes
 Lima Beans
 Wheat Roll
 Fresh Fruit
 Milk | Margarine

HALLOWEEN MEAL ³¹
 A: Sausage w/Onions & Peppers
 B: Philly Chicken Sandwich
 Crispy Cubed Potatoes
 Glazed Carrots
 Hot Dog Bun
 Pineapple Tidbits | Milk

October is *National Apple Month*, and with apples in season, there are many reasons to enjoy this nutritious fruit.

- Apples are the perfect portable snack.
- Just one apple provides as much fiber as a serving of bran cereal.
- Apples contain antioxidants that help fight the effects of LDL cholesterol.
- An apple a day strengthens lung function.

Adapted from eatright.org

**Food Allergy Reference List
 Available @ 419-382-5791**