

Nutrition Menu

October 2018

Mon	Tue	Wed	Thu	Fri
<p>1 A-Swiss Steak B- Garlic Rosemary Chicken Whipped potatoes Glazed carrots Roll Tropical fruit</p>	<p>2 A- Chicken Primavera B- Pasta Primavera Corn Brussel sprouts Bread Fresh fruit</p>	<p>3 A- Creole chicken B- Beef Chili Baked potato Broccoli Roll Oatmeal cookie</p>	<p>4 A- Meatball stroganoff B-Chicken ala King Brown rice Green peas Biscuit Mandarin oranges w/pineapple</p>	<p>5 A- Glazed Ham B-Turkey w/Gravy Yams Cabbage Roll Fruited gelatin</p>
<p>8 A- Spanish beef patty B- Pork Loin Piccata Potatoes Zucchini Bread Peanut butter cookie</p>	<p>9 A- Swedish meatballs B- Chicken ala King Rotini noodles Green beans Roll Hot spiced apples</p>	<p>10 A- Chicken w/gravy B- Beef Patty Corn Peas and carrots Bread Fresh Fruit</p>	<p>11 A- Veal Italiano B- Chicken Marsala Fettuccini Noodles Spinach Bread Peaches</p>	<p>12 A- Chicken Chili B- Veggie Chili Rosemary potatoes Carrots Saltines pudding</p>
<p>15 A- Cranberry Dijon Chicken B- Beef Patty w/gravy Rice Carrots Roll Fresh fruit</p>	<p>16 A- Liver & Onions B- BBQ Chicken Whipped Potatoes Broccoli Bread Pears</p>	<p>17 A- Turkey w/gravy B- Mushroom Beef Patty Baked sweet potato Mix vegetables Bread Fruit gelatin</p>	<p>18 A- Spaghetti w/meat B- Spinach Lasagna Tossed salad Breadstick Cherry crisp</p>	<p>19 A- Honey Mustard Chicken B- Teriyaki Meatball Roasted potatoes Green beans Bread Mandarin oranges</p>
<p>22 A- BBQ Pork Rib Patty B- Baked Chicken Baked beans Corn Wheat bun Applesauce</p>	<p>23 A- Roast beef B- Paprika Chicken Whipped potatoes Green peas Roll Fresh banana</p>	<p>24 A- Chicken Stir Fry B- Asian Meatballs Brown Rice Ginger carrots Wheat bread Peanut butter cookie</p>	<p>25 A- Turkey Supreme B- Pork Roast Buttermilk Potatoes Spring Veg Blend Roll Mandarin oranges</p>	<p>26 A- Meatloaf w/tomato gravy B- Broccoli Spinach Egg Bake Oven Roasted Potato Italian Veg blend Birthday Cake</p>
<p>29 A- Country Fried Steak w/gravy B- Pineapple Chicken Whipped Potato Lima beans Roll Fresh fruit</p>	<p>30 A- Macaroni & Cheese B- Beef Fiesta Mac Stewed tomatoes Green beans Cornbread Choc chip cookie</p>	<p>31 Halloween A- Sausage w/onions peppers on bun B- Philly Chicken sandwich Cubed potatoes Glazed carrots Pineapple tidbits</p>	<p>Write your choice of menu option <u>A or B</u> on sign up sheet</p>	<p>Call <u>419-242-9511</u> 24 hrs. in advance to make a reservation</p>