October 2023

**SERVING SIZES**

**Grains – 2 ounces**

**Vegetables – ½ cup**

**Fruits – ½ cup**

**Protein – 3 ounces**

**Dairy – 1 cup**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** |
| **2**  **Lentil & bean soup**  **Honey Glazed chicken thigh**  **Rice pilaf**  **Mixed vegetables**  **Cookie- ww roll**  **Waldorf chicken salad** | **3**  **Mushroom barley soup**  **Baked pasta Florentine**  **Roasted zucchini w/ carrots**  **Sliced bread**  **Mixed fruit**  **Ham & cheese** | | **4**  **Chicken soup**  **Sweet & sour meatballs**  **Vegetable fried rice**  **Stir fry vegetables**  **Coffee Cake**  **Ww Roll**  **Chicken Sandwich** | **5**  **Tomato soup**  **Pepper steak**  **Roasted potato**  **Peas $ carrots**  **Ww Roll**  **Fruit**  **Spinach salad w/ chicken** | **6**  **Tossed salad**  **Chicken cacciatore**  **Rice pilaf**  **Broccoli**  **Yellow Cake**  **Ww Roll**  **Roast beef sandwich** |
| **9**  **Closed** | **10**  **Lentil soup w/ vegetables**  **Swedish meatballs**  **Roasted sweet & white potatoes**  **Green beans**  **Fruit**  **Sliced multi grain bread**  **Seafood salad sandwich** | | **11**  **Kale & bean soup**  **Chicken cutlet w/tomatoes mushrooms & spinach**  **Rice pilaf**  **Ww Roll**  **Oatmeal raisin cookie**  **Turkey & Swiss cheese** | **12**  **Minestrone soup**  **Pork roast w/ gravy**  **Mashed potato**  **Baby carrots**  **Ww Roll**  **Fruit**  **Chicken salad plate** | **13**  **Beef barley soup**  **Open turkey sandwich w/ gravy**  **Cauliflower w/ roasted carrots**  **Sliced bread**  **Pudding**  **Ww Roll**  **Tuna salad plate** |
| **15**  **Tomato soup**  **Sloppy Joe**  **Roasted potatoes**  **3 - bean salad**  **Cookies**  **Ww Roll**  **Egg salad sandwich** | **17**  **Vegetable soup**  **Chicken alfredo**  **Rice pilaf**  **Mixed vegetables**  **Fruit salad**  **Ww Roll**  **Corned beef on rye** | | **18**  **Chicken soup**  **Meatball & pepper sandwich**  **Pasta salad w veggies**  **Ww Roll**  **Fruit**  **Cobb salad** | **19**  **Minestrone soup**  **Salisbury steak w/ mushrooms**  **Sweet potato**  **Mixed vegetables**  **Ww Roll**  **Cake**  **Ham & cheese on rye** | **20**  **Clam chowder (red)**  **Shepards pie**  **Mashed potato**  **Ww roll**  **Cake**  **Roast beef sandwich** |
| **23**  **Cottage cheese w/ fruit**  **Chicken francese**  **Roasted vegetable w/ potato**  **Garlic bread**  **Fruit**  **Seafood salad sandwich** | **24**  **Vegetable barley soup**  **Smothered pork chop w/apples & peppers**  **Rice pilaf**  **Fruit**  **Zucchini w/ plum tomato - roll**  **Egg salad on multi grain roll** | | **25**  **Navy bean soup**  **Veal patty w/ mushroom gravy**  **Spinach**  **Mashed potato**  **Jello**  **Ww roll**  **Ham salad on rye** | **26 Cream of broccoli soup**  **Tender eye round roast w/gravy**  **Garlic green beans**  **Roasted sweet potato**  **Ww roll**  **Pudding**  **Chicken salad plate** | **27**  **Greek salad**  **Beef stew**  **Fruit**  **Whole wheat roll**  **Cookie**  **Grilled chicken sandwich** |
| **30**  **Vegetable soup**  **Chicken pot pie**  **Mashed potato**  **Cake**  **Whole Wheat roll**  **Turkey sandwich** | **31**  **Tossed salad**  **Stuffed shell w/ meatball**  **Garlic bread**  **Mixed vegetables**  **Fruit**  **Corned beef sandwich** |  | | |  |