

OCTOBER 2010 MENU

*Menu items are subject to change due to availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 st Baked Tilapia with Hollandaise Sauce Broccoli Peas, Pimento & Onion Whole Wheat Roll Pineapple Upside Down Cake Chef's Special: Pizza Bar
4 th Chicken & Bowtie Pasta Alfredo Spinach Italian Blended Vegetables Whole Wheat Roll Sliced Pears Chef's Special: Lasagna	5 th Baked Ham with Pineapple & Raisin Sauce Candied Yams Garden Salad Whole Wheat Roll Fresh Fruit Chef's Special: Soup & Salad Bar	6 th Salisbury Steak O'Brian Potatoes w/ Red Peppers Baby Carrots Whole Wheat Roll Cherry Cobbler Chef's Special: Chef's Choice	7 th Chicken Chow Mein Vegetable Rice Pilaf Emperor Blended Vegetables Whole Wheat Roll Fruit Cocktail Chef's Special: Chef Salad Plate	8 th Roast Turkey & Dressing Mashed Potatoes Green Beans & Mushrooms Whole Wheat Roll Sliced Peaches Chef's Special: Country Fried Steak
11 th Swedish Meatballs Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Fresh Fruit Chef's Special: Baked Chicken	12 th Baked Chicken Breast Mashed Potatoes Capri Blended Vegetables Whole Wheat Roll Fresh Fruit Chef's Special: Soup & Salad Bar	13 th October Fest Bratwurst & Sauerkraut German Potato Salad Green Beans with Bacon Dressing Whole Wheat Sub Roll Black Forest Cake	14 th Ground Beef Goulash Italian Blended Vegetables Brussels Sprouts Whole Wheat Roll Tropical Fruit Chef's Special: Strawberry Patch Spinach Salad	15 th Pork & Green Chili Stew Spanish Rice Refried Beans Tortilla Apple Cobbler Chef's Special: Baked Potato Bar
18 th Chinese Pepper Steak Asian Rice Pilaf Emperor Blended Vegetables Whole Wheat Roll Sliced Pears Chef's Special: Crab Cake	19 th Monterey Chicken Malibu Blended Vegetables Garden Salad Whole Wheat Roll Ambrosia Chef's Special: Soup & Salad Bar	20 th Veal Marsala Mashed Potatoes Sliced Carrots Whole Wheat Roll Peach Cobbler Chef's Special: Chef's Choice	21 st Oven Roasted Open Faced Turkey Sweet Potato Mash Mixed Vegetables Whole Wheat Bread Apple Sauce Chef's Special: Seafood Salad Plate	22 nd Sloppy Joes Baked Potato Wedges Peas & Carrots Whole Wheat Bun Fresh Fruit Chef's Special: Fajita Chicken Sandwich
25 th Birthday Celebration Broccoli & Cheddar Stuffed Chicken Breast Scalloped Potatoes Prince Edward Vegetables Whole Wheat Roll Birthday Cake	26 th BBQ Ribette Sandwich Sweet Corn California Blended Vegetables Whole Wheat Bun Fresh Fruit Chef's Special: Soup & Salad Bar	27 th Chicken Salad Sandwich Tri Colored Bean Salad Potato Salad Petite Bun Apple Oatmeal Crisp Chef's Special: Chef's Choice	28 th Soft Shell Beef Taco Mexican Fiesta Rice Ranch Beans Flour Tortilla Tropical Fruit Salad Chef's Special: Chicken Salad Plate	29 th Halloween Celebration Mummy Dogs Potato Bugs Carrot Moons Whole Wheat Hot Dog Bun Graveyard Cake Chef's Special: Cheese Burger Deluxe