

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**HALLOWEEN MEAL** <sup>31</sup>  
 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**