October 2023

**SERVING SIZES**

**Grains – 2 ounces**

**Vegetables – ½ cup**

**Fruits – ½ cup**

**Protein – 3 ounces**

**Dairy – 1 cup**

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| **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** |  |  |