



Happy Halloween

OCTOBER 2020

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			THURSDAY 1*	FRIDAY 2*
L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard	Senior Meal Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change	PLEASE BARE WITH US WE ARE EXPERIENCING PROBLEMS WITH FRESH LETTUCE. SALAD WILL BE SERVED WHEN PRODUCT IS AVAILABLE	Hamburger Steak w/Grilled Onions Mashed Potatoes w/Gravy Steamed Mixed Veggies Garden Salad w/LF Dressing WW Roll w/ Margarine Fresh Melon	Swedish Meatballs over Rice Steamed Cabbage Beet and Red Onion Salad Chilled Applesauce WW Roll w/ Margarine Oatmeal Raisin Cookie
MONDAY 5	TUESDAY 6	WEDNESDAY 7*	THURSDAY 8*	FRIDAY 9*
Chinese Chicken Salad w/Chicken, Chow Mein Noodles, Toasted Almonds, Green Onions, Cilantro, Sesame Seeds & Sesame Dressing, Pears Breadstick and Fortune Cookie	Breakfast for Lunch Sausage Egg, Cheese Biscuit Breakfast Potatoes Bell Peppers and Onions Orange Juice	Breaded Chicken Sandwich Lettuce Leaf, Tomato Pickle Spear Baked Beans Steamed Cabbage Chilled Peaches	GC Cheese Lasagna Steamed Italian Vegetables Garden Salad w/LF Dressing Breadstick Fresh Grapes	Roasted Pork Loin w/Au Jus Scalloped Potatoes Steamed Broccoli Garden Salad w/LF Dressing WW Roll w/ Margarine Chilled Applesauce
MONDAY 12*	TUESDAY 13*	WEDNESDAY 14	THURSDAY 15*	FRIDAY 16
Country Fried Steak Mashed Potatoes w/Gravy Steamed Green Beans Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Fruit Cocktail	Green Chili Chicken Stew Pinto Beans Steamed Zucchini and Onions Garden Salad w/LF Dressing Flour Tortilla Chilled Peaches	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons Club Crackers Fresh Orange Vanilla Pudding	Sweet and Sour Pork Steamed Rice Steamed Cauliflower Spinach Salad w/LF Dressing Sweet Roll w/Margarine Chilled Applesauce/Fortune Cookie	Frito Pie w/Pinto Beans & Ground Beef Chuckwagon Corn Shredded Lettuce/Tomato Flour Tortilla Chilled Peaches
MONDAY 19*	TUESDAY 20	WEDNESDAY 21*	THURSDAY 22*	FRIDAY 23
Garlic/Ginger Chicken Wild and White Rice Steamed Broccoli Garden Salad w/LF Dressing WW Roll w/Margarine Fresh Banana/Fortune Cookie	Polish Sausage w/Peppers & Onions Buttered Corn Potato Wedges Garden Salad w/LF Dressing Chilled Pears	Meatloaf Mashed Potatoes & Gravy Steamed Mixed Vegetables Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Apricots	RC Bean & Cheese Enchiladas Spanish Rice Chuckwagon Corn Shredded Lettuce Diced Tomato Fresh Grapes	Breaded Tilapia Rice Pilaf Steamed Cauliflower Coleslaw WW Roll w/ Margarine Chilled Peaches
MONDAY 26*	TUESDAY 27*	WEDNESDAY 28	THURSDAY 29*	FRIDAY 30*
Salisbury Steak w/M ushroom Gravy Mashed Potatoes w/Gravy Steamed Cabbage Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Fruit Cocktail	Stuffed Bell Peppers w/Beef and Rice Steamed Cauliflower Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Mandarin Oranges	Shepher ds Pie Steamed Peas Garden Salad w/LF Dressing WW Roll w/Margarine Fresh Cantaloupe	Pineapple Glazed Chicken Steamed Italian Vegetables Steamed Rice Garlic Breadstick Garden Salad w/LF Dressing Fresh Orange	GC Chicken En-Chill-Adas Spanish Rice Pinto Beans Garden Salad w/LF Dressing Fresh Apple Holiday Cookie

Final Approved