

Wednesday, October 1

- Baked Pollack w/Lemon Sauce
- Yellow Squash
- Broccoli Salad
- Barley Pilaf

Thursday, October 2

- Enchilada Casserole
- Black Beans
- Mesclun Salad
- Spanish Brown Rice

Friday, October 3

- Turkey Sandwich
- Green Beans
- Spinach Salad
- Chicken Soup

Monday, October 6

- Vegetarian Chili
- Broccoli
- Mixed Green Salad
- Whole Grain Bread

Tuesday, October 7

- Hawaiian Chicken Breast
- Mesclun Salad
- Rice
- Fruit

Wednesday, October 8

- Turkey Milanese
- Zucchini
- Chopped Kale Salad
- Banana

Thursday, October 9

- Salmon w/ Dill Sauce
- Green Beans
- Black Beans
- Whole Grain Roll

Friday, October 10

- Asian Beef Stir Fry
- Hot and Sour Soup
- Carrot Raisin Salad
- Brown Rice

Monday, October 13

- Mediterranean Chicken
- Sautéed Spinach
- Barley w/ Herbs
- Tomato Cucumber Salad

Tuesday, October 14

- Spaghetti w/ Meat Sauce
- Chopped Kale Salad
- Mushroom Soup
- Green Beans

Wednesday, October 15

- Beef Fajitas
- Pinto Beans
- Tossed Green Salad
- Tortilla

Thursday, October 16

- Roast Turkey Breast
- Baked Yam
- Herbed Brussel Sprouts
- Whole Grain Break

Friday, October 17

- Tuna Salad
- Herbed Potato Salad
- Creamy Coleslaw
- Corn Chowder

Monday, October 20

- Korean BBQ
- Herb Zucchini
- Herbed Brown Rice
- Broccoli Salad

Tuesday, October 21

- Fish Vera Cruz
- Black Beans
- Creamy Coleslaw
- Garden Vegetable

Wednesday, October 22

- Chicken Dijon
- Chopped Kale Salad
- Green Beans
- Tomato Basil Soup

Thursday, October 23

- Stuffed Bell Peppers
- Romaine Salad
- Fruit
- Green Peas

Friday, October 24

- Vegetarian Paella
- Broccoli
- Spinach Salad
- Brown Rice

Monday, October 27

- Breaded Baked Fish
- Beet and Mandarin Salad
- Yam
- Pumpkin Soup

Tuesday, October 28

- Meatloaf w/ Gravy
- Garlic Mashed Potatoes
- Brussel Sprouts
- Whole Grain Roll

Wednesday, October 29

- Turkey Vegetables Stir-Fry
- Lo Mein Noodles
- Vegetable Soup
- Cabbage Cucumber Salad

Thursday, October 30

- Caribbean Chicken
- Red Beans
- Mesclun Salad
- Brown Rice Pilaf

Friday, October 31

- Bolognese Pasta
- Herbed Zucchini & Squash
- Caesar Salad
- Fruit Cup

- Menu subject to change
- \$3 suggested donation

