

Thursday, October 1st

- **Beef Meatloaf**
- Mashed Potatoes
- Whole Grain Dinner Roll
- Fruit

Friday, October 2nd

- **Chicken Pesto**
- Carrots
- Broccoli Slaw
- Whole Grain Pasta

Monday, October 5th

- **Pepper Steak**
- Bok Choy
- Green Beans & Mushroom Stir-Fry
- Whole Grain Roll

Tuesday, October 6th

- **Chicken Tinga**
- Roasted Corn
- Cantaloupe
- Brown Rice

Wednesday, October 7th

- **White Fish w/ Lemon**
- Carrots
- Herbed Lentils
- Quinoa

Thursday, October 8th

- **Chile Verde Chicken**
- Yellow Squash
- Cabbage Slaw
- Banana

Friday, October 9th

- **Beef w/ Onions & Tomatoes**
- Steamed Kale
- Roasted Potato
- Whole Grain Roll

Monday, October 12th

- **Turkey Picadillo**
- Pinto Beans
- Yellow Squash
- Orange

Tuesday, October 13th

- **Blackened Creole Fish**
- Green Peas
- Coleslaw
- Quinoa

Wednesday, October 14th

- **Turkey Meatballs**
- Sauteed Spinach
- Whole Grain Pasta
- Fruit

Thursday, October 15th

- **Mediterranean Lentils**
- Broccoli
- Carrots
- Whole Grain Pita Bread

Friday, October 16th

- **Cantonese BBQ**
- Sauteed Water Chestnuts
- Garlic Bok Choy
- Lo Mein

Monday, October 19th

- **Roasted Glazed Chicken**
- Herbed Carrots
- Cabbage Slaw
- Brown Rice

Tuesday, October 20th

- **Beef Stir-Fry**
- Broccoli
- Lo Mein
- Fruit

Wednesday, October 21st

- **Baked Chicken**
- Red Beans
- Baked Yams
- Dinner Roll

Thursday, October 22nd

- **Fish Almandine**
- Herbed Spinach
- Corn
- Vegetable Soup

Friday, October 23rd

- **Harissa Chickpeas**
- Roasted Eggplant
- Honeydew Melon
- Whole Grain Pita

Monday, October 26th

- **Beef Fajitas**
- Corn
- Green Beans
- Whole Grain Tortilla

Tuesday, October 27th

- **Chicken Chile Verde**
- Pinto Beans
- Garlic Zucchini
- Spanish Brown Rice

Wednesday, October 28th

- **Fish Picatta**
- Sauteed Bell Peppers
- Coleslaw
- Quinoa

Thursday, October 29th

- **Beef Stew**
- Garlic Kale
- Honeydew Melon
- Brown Rice

Friday, October 30th

- **Sweet & Tangy Meatballs**
- Black Eyed Peas
- Coleslaw
- Whole Grain Roll

- **Menu subject to change**
- **\$3 suggested donation**

