



# OCTOBER MENU 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1 Breakfast</b> Maypo, Banana Pancakes, Bacon <b>Lunch</b> Chicken Marsala, Oven Browned Potatoes, Green Beans <b>Dinner</b> Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread	<b>2 Breakfast</b> Cream of Rice, Scrambled Egg w/Baked Ham <b>Lunch</b> Stuffed Cabbage, Mashed Potatoes <b>Dinner</b> Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce	<b>3 Breakfast</b> Oatmeal, Hash Browned Potatoes, Hard Boiled Egg <b>Lunch</b> BBQ Beef, Lo Mein Salad, Superslaw <b>Dinner</b> Vegetable Quiche, Fruit Salad	<b>4 Breakfast</b> Cream of Wheat, French Toast, Bacon <b>Lunch</b> Veal Cutlet, Prince Edward Blend Vegetables, Mashed Potatoes <b>Dinner</b> Sesame Chicken, Vegetable Brown Rice	<b>5 Breakfast</b> Maypo, Bacon & Cheese Quiche <b>Lunch</b> Baked Haddock, Italian Blend Vegetables, Sweet Potato <b>Dinner</b> Meatloaf w/Gravy, Mashed Potatoes, Vegetable of the Day	<b>6 Breakfast</b> Oatmeal, Blueberry Waffle <b>Lunch</b> Italian Sausage Sauce Over Spaghetti, Green Beans, Garlic Bread <b>Dinner</b> Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes	<b>7 Breakfast</b> Cream of Rice, Cheesy Egg Scramble, Toast <b>Lunch</b> London Broil, Brussel Sprouts, Couscous <b>Dinner</b> Fish Sandwich, Coleslaw, Potato Tots
<b>8 Breakfast</b> Oatmeal, Pancake, Bacon <b>Lunch</b> Shepherd's Pie, Corn Muffin <b>Dinner</b> Tuna Salad Plate, Lettuce & Tomato, Super Slaw, Roll	<b>9 Breakfast</b> Cream of Wheat, Hard Boiled Egg, Donut <b>Lunch</b> Lemon Chicken, Oven Browned Potatoes, Asparagus <b>Dinner</b> Haddock Florentine, Carrots, Mashed Potato	<b>10 Breakfast</b> Oatmeal, Western Soufflé, Hash Brown Potatoes <b>Lunch</b> Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad <b>Dinner</b> Sweet Ah-So Pork, Asian Vegetables, Brown Rice	<b>11 Breakfast</b> Banana, Cream of Rice, French Toast, Bacon <b>Lunch</b> Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce <b>Dinner</b> Chicken Salad In A Hot Dog Roll, Mandarin Orange Salad, Potato Salad	<b>12 Breakfast</b> Maypo, Ham & Cheese Egg Croissant <b>Lunch</b> Baked Haddock, Rice Pilaf, Broccoli <b>Dinner</b> Macaroni & Cheese, Stewed Tomatoes	<b>13 Breakfast</b> Cream of Wheat, Cheesy Scramble, Toast <b>Lunch</b> Spaghetti w/ Meat Sauce, Zucchini, Italian Bread <b>Dinner</b> Seafood Salad On A Bed Of Lettuce, White Bean Asparagus Salad, Potato Salad	<b>14 Breakfast</b> Oatmeal, Pancake, Sausage <b>Lunch</b> Roast Beef w/Gravy, Baked Potato, Green Beans <b>Dinner</b> Chicken Teriyaki, Jasmine Rice, Asian Vegetables
<b>15 Breakfast</b> Cream of Rice, Vegetable Soufflé, Hash Browns <b>Lunch</b> Chicken & Asparagus over Gemelli Pasta w/Ricotta Cream Sauce <b>Dinner</b> Stuffed Cabbage, Scalloped Potatoes	<b>16 Breakfast</b> Maypo, Egg Scramble, English Muffin <b>Lunch</b> Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick <b>Dinner</b> Haddock Racheal Sandwich, Tater Tots, Watermelon	<b>17 Breakfast</b> Oatmeal, Pancakes w/Strawberry Topping <b>Lunch</b> Beef Tips, Spinach Salad, Pasta Salad <b>Dinner</b> Shrimp Scampi, Broccoli, Couscous	<b>18 Breakfast</b> Cream of Wheat, Scrambled Egg, Toast <b>Lunch</b> Meatloaf w/ Gravy, Mashed Potato, Green Beans <b>Dinner</b> Turkey Divan, Brown Rice, Cauliflower	<b>19 Breakfast</b> Oatmeal, Fried Egg, Corned Beef Hash, Toast <b>Lunch</b> Baked Haddock, Rice Pilaf, California Vegetables <b>Dinner</b> Ham Salad over Mixed Greens, Cucumber & Tomato Salad w/Feta Cheese, Pita Bread	<b>20 Breakfast</b> Cream of Rice, Pepper & Onion Scramble, Croissant <b>Lunch</b> Macaroni & Cheese, Stewed Tomatoes <b>Dinner</b> Seafood Cakes w/Remoulade Sauce, Rainbow Peppers	<b>21 Breakfast</b> Maypo, Pumpkin Pancakes, Sausage <b>Lunch</b> Greek Chicken w/Lemon, Oregano & Black Olives, Barley Pilaf, Green Beans w/Red Peppers <b>Dinner</b> Ziti Casserole w/Cheese & Ground Beef, Garlic Bread, Zucchini
<b>22 Breakfast</b> Oatmeal, Cheesy Scramble, Toast <b>Lunch</b> Turkey Tips, Broccoli, Mashed Potatoes <b>Dinner</b> Pepper Steak over Rice, Spinach	<b>23 Breakfast</b> Cream of Wheat, Hay Stack Eggs <b>Lunch</b> Shepherd's Pie, Zucchini <b>Dinner</b> Chicken Fingers, French Fries, New Brunswick Vegetables	<b>24 Breakfast</b> Maypo, Pancakes & Syrup, Bacon <b>Lunch</b> Grilled Marinated Chicken, Couscous Salad, Watermelon <b>Dinner</b> Cheese Ravioli w/Tomato Sauce, Roasted Eggplant	<b>25 Breakfast</b> Oatmeal, Vegetable Quiche <b>Lunch</b> Beef Tips, Sweet Potatoes, Italian Green Beans <b>Dinner</b> Chicken Tortilla Casserole, Summer Squash	<b>26 Breakfast</b> Cream of Rice, Pancakes w/Apple Compote, Sausage <b>Lunch</b> Baked Haddock, Asparagus, Baked Potato <b>Dinner</b> Korean BBQ Meatloaf, Coleslaw, Cucumber Slices	<b>27 Breakfast</b> Cream of Wheat, Egg and Cheese Croissant <b>Lunch</b> Turkey Florentine w/Supreme Sauce, Baked Sweet Potato <b>Dinner</b> Beef Broccoli Stir Fry w/Lo Mein	<b>28 Breakfast</b> Oatmeal, Egg & Vegetable Soufflé, Toast <b>Lunch</b> Roast Pork w/ Apple Sauce, Red Skin Potatoes, Baby Carrots, Applesauce <b>Dinner</b> Chicken Salad, Macaroni Salad, Marinated Vegetables
<b>29 Breakfast</b> Maypo, Banana Pancakes, Bacon <b>Lunch</b> Chicken Marsala, Oven Browned Potatoes, Green Beans <b>Dinner</b> Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread	<b>30 Breakfast</b> Cream of Rice, Scrambled Egg w/Baked Ham <b>Lunch</b> Stuffed Cabbage, Mashed Potatoes <b>Dinner</b> Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce	<b>31 Breakfast</b> Oatmeal, Hash Browned Potatoes, Hard Boiled Egg <b>Lunch</b> BBQ Beef, Lo Mein Salad, Superslaw <b>Dinner</b> Vegetable Quiche, Fruit Salad				