




OCTOBER MENU 2019



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