






OCTOBER MENU 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Breakfast Cream of Wheat, Scrambled Egg, Toast Lunch Meatloaf w/ Gravy, Mashed Potato, Green Beans Dinner BBQ Turkey Tips, Brown Rice, Cauliflower	2 Breakfast Oatmeal, Fried Egg, Corned Beef Hash, Toast Lunch Baked Haddock, Rice Pilaf, California Vegetables Dinner South Pacific Pork Tenderloin, Rice Noodles, Oriental Vegetables	3 Breakfast Cream of Rice, Pepper & Onion Scramble, Croissant Lunch Macaroni & Cheese, Stewed Tomatoes Dinner Mexican Lasagna, Green Beans	4 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
5 Breakfast Oatmeal, Cheesy Scramble, Toast Lunch Tuscan Toasted Turkey, Roasted Brussel Sprouts, Mashed Potatoes Dinner Beef & Broccoli Stir Fry, Spinach, Rice	6 Breakfast Mandarin Orange, Cream of Wheat, Hay Stack Eggs Lunch Shepherd's Pie, Zucchini Dinner Chicken Fingers, Tater Tots, New Brunswick Vegetables	7 Breakfast Maypo, Pancakes & Syrup, Bacon Lunch Grilled Marinated Chicken, Couscous Salad, Watermelon Dinner Cheese Ravioli w/Tomato Sauce, Roasted Eggplant	8 Breakfast Banana, Oatmeal, Vegetable Quiche Lunch Beef Tips, Sweet Potatoes, Italian Green Beans Dinner Chicken Tortilla Casserole, Summer Squash	9 Breakfast Cream of Rice, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Asparagus, Baked Potato Dinner Pizza, Cucumber Salad	10 Breakfast Watermelon, Cream of Wheat, Egg and Cheese Croissant Lunch Turkey Florentine w/Supreme Sauce, Baked Sweet Potato Dinner Egg Salad Sandwich, Lettuce & Tomato, Couscous Salad	11 Breakfast Oatmeal, Egg & Vegetable Soufflé, Toast Lunch Roast Pork w/ Apple Sauce, Red Skin Potatoes, Carrots, Applesauce Dinner Chicken Tenders, Tater Tots, Marinated Vegetables
12 Breakfast Maypo, Banana Pancakes, Bacon Lunch Chicken Marsala, Oven Browned Potatoes, Green Beans Dinner Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread	13 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	14 Breakfast Oatmeal, Hash Brown Potatoes, Hard Boiled Egg Lunch BBQ Beef, Lo Mein Salad, Superslaw Dinner Vegetable Quiche, Fruit Salad	15 Breakfast Cream of Wheat, French Toast, Bacon Lunch Veal Cutlet, Prince Edward Blend Vegetables, Mashed Potatoes Dinner Chicken Tempura, Brown Rice, Vegetable Blend	16 Breakfast Maypo, Bacon & Cheese Quiche Lunch Baked Haddock, Italian Blend Vegetables, Sweet Potato Dinner Meatloaf w/Gravy, Mashed Potatoes, Vegetable of the Day	17 Breakfast Oatmeal, Pancakes Lunch Hot Dog in a Roll, Baked Beans, Pickled Beets Dinner Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes	18 Breakfast Cream of Rice, Cheesy Egg Scramble, Toast Lunch London Broil, Brussel Sprouts, Couscous Dinner Fish Sandwich, Coleslaw, Potato Tots
19 Breakfast Oatmeal, Pancake, Bacon Lunch Shepherd's Pie, Corn Muffin Dinner Tuna Salad Plate, Lettuce & Tomato, Super Slaw, Roll	20 Breakfast Honeydew Melon, Cream of Wheat, Hard Boiled Egg, Donut Lunch Lemon Chicken, Oven Browned Potatoes, Asparagus Dinner Haddock Florentine, Carrots, Mashed Potato	21 Breakfast Oatmeal, Western Soufflé, Hash Brown Potatoes Lunch Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad Dinner Sweet & Sour Pork, Asian Vegetables, Brown Rice	22 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, Watermelon Feta Salad, Potato Salad	23 Breakfast Maypo, Ham & Cheese Egg Croissant Lunch Baked Haddock, Rice Pilaf, Broccoli Dinner Macaroni & Cheese, Stewed Tomatoes	24 Breakfast Cream of Wheat, Cheesy Scramble, Toast Lunch Hot Dogs, Baked Beans, Coleslaw, Brown Bread Dinner Seafood Salad On A Bed Of Lettuce, Asparagus Tomato Salad, Potato Salad	25 Breakfast Oatmeal, Pancake, Sausage Lunch Pot Roast, Baked Potato, Green Beans Dinner Chicken Teriyaki, Jasmine Rice, Asian Vegetables
26 Breakfast Oatmeal, Waffle, Bacon Lunch Shepard's Pie, California Mixed Vegetables, Corn Muffin Dinner Chicken Pesto, Broccoli, Brown Rice	27 Breakfast Cream of Wheat, French Toast and Sausage Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Spinach	28 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetables, Mashed Potato Dinner Macaroni & Cheese, Stewed Tomatoes	29 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Chicken Tortilla Casserole, Summer Squash	30 Breakfast Western Haystack Eggs, Maypo, Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini	31 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake Lunch Chicken Tenders, Green Beans, Garlic Mashed Potato Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable Happy Halloween!	