

LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:

Cross through items you don't like. Circle items you do like.

Put a star in front of items you want to see more often.

NEW MEAL ITEMS ARE UNDERLINED.

Suggested Donation
\$10 Monthly

OCTOBER 2019 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger Steak with Gravy Steamed Rice Parslied Carrots Cherry Pie	2 Shrimp Alfredo Garlic Biscuit Brussels Sprouts Jello Strawberry Nutrigrain Bar	3 Chicken Breast Filet Mashed Potatoes Broccoli Applesauce	4 Beef and Noodle Casserole Wheat Roll Capri Blend Vegetables Orange
7 Loaded Potato Soup with Peas & Carrots Croissant Mixed Fruit Crisp	8 Meatball Sub with Cheese Waffle Fries Normandy Vegetables Mandarin Oranges in Jello	9 Turkey Slider Green Beans Corn Nuggets Apple Slices with Peanut Butter	10 Pancake on a Stick with Turkey Sausage Potato Cake Cheese Omelet Berry Compote	11 Lemon Pepper Cod Loin Wild Rice Mixed Vegetables Apple Crisp
14 Pot Roast with Potatoes, Carrots & Onion Wheat Roll Spiced Peaches	15 Mushroom Swiss Burger French Fries Broccoli Raisin Salad Blueberry Compote	16 Chicken Parm with Marinara Sauce Italian Seasoned Bowtie Pasta Italian Blend Vegetables Strawberry Cup	17 <u>Smoked Pork</u> <u>Hock</u> <u>Collard Greens</u> Brown Beans Cornbread Banana	18 COLD MEAL Grilled Chicken Caesar Salad Breadstick Fruit Fluff Salad
21 Pulled Pork Nacho Mexican Rice Apple Filled Churrito Tossed Salad Cup	22 Spaghetti Bake Tossed Salad Cup Winter Blend Vegetables Blueberry Cobbler	23 Beef Hobo Stew with Vegetables Buttermilk Biscuit Spiced Apples	24 Tuna Noodle Hot Dish Peas & Carrots Fresh Baked Bread Fruit Cup	25 Chicken Fried Steak Mashed Potatoes with Country Gravy Sweet Kernel Corn Applesauce
28 Potato Skins with Sour Cream, Cheese, Onion, Bacon Bits Topped with Pulled Chicken California Blend Vegetables Cranberry Salad	29 Chicken Tenders Mac and Cheese Zucchini and Tomatoes Peach Crisp	30 Boneless Pork Chop in Gravy Cornbread Stuffing Spinach Pear Compote	31 Award Winning Beef Chili with Cheese Cinnamon Roll Capri Blend Vegetables Strawberry Cup Cookie	NEW MEAL ITEMS ARE UNDERLINED

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!