


Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Meatloaf Mashed Potatoes Mixed Vegetables Green Salad Brownies	<b>4</b> State Fair Corny Dogs Baked Chips Baked Beans Mixed Green Salad Funnel Cakes	<b>5</b> Potato Soup Grilled Cheese Sandwiches Green Beans Coleslaw Salad Fruit Parfait	<b>6</b> Parmesean Crusted Chicken Rice Pilaf Scandinavian Vegetables Mixed Green Salad Sugar Cookies	<b>7</b> Beef Pepper Steak Twice Baked Potato California Vegetables Coleslaw Salad Vanilla Pudding
<b>10</b> German Sausage w/Sauerkraut Hot Potato Salad Green Beans Green Salad German Chocolate Cake	<b>11</b> Swedish Meatballs Over Noodles Corn Coleslaw Salad Ambrosia	<b>12</b> Chicken Pot Pie Baked Sweet Potato Texas Toast Mixed Green Salad Strawberry Shortcake	<b>13</b> Beef Chili Cornbread Carrots Coleslaw Salad Apple Cobbler	<b>14</b> BBQ Chicken Breast Mashed Potatoes Mixed Vegetables Tossed Green Salad Neopolitan Ice Cream
<b>17</b> Salisbury Steak Rice Scandinavian Vegetables Coleslaw Salad Vanilla Pudding	<b>18</b> Chicken Alfredo Italian Vegetables Garlic Bread Green Salad Peach Cobbler	<b>19</b> Fish Filet w/ Tartar Sauce and Lemon Wedge Macaroni & Cheese California Vegetables Tossed Green Salad Sugar Cookies	<b>20</b> Roasted Turkey Breast Broccoli Rice Casserole Green Beans Green Salad Ambrosia	<b>21</b> Pulled Pork Sandwiches Green Peas Ranch Style Beans Coleslaw Salad Yellow Cake w/Icing
<b>24</b> Stuffed Green Peppers Carrots Corn Green Salad Chocolate Chip Cookies	<b>25</b> Cheeseburgers French Fried Potatoes Scandinavian Vegetables Mixed Green Salad Sherbet	<b>26</b> Sliced Ham Potato Salad Green Bean Casserole Coleslaw Salad Banana Pudding	<b>27</b> Teriyaki Chicken over Rice Oriental Vegetables Green Salad Brownies	<b>28</b> Beef Lasagna Italian Vegetables Garlic Bread Coleslaw Salad Yogurt Parfait
<b>31</b> Smothered Chicken Au Gratin Potatoes Green Peas Green Salad Spooky Halloween Cake	 <p style="text-align: center;"> <b>October 2016</b>  <b>Friends Place Adult Day Services, DeSoto</b>            All meals served with Water/Iced Tea and Hot Bread unless otherwise noted.            For NCS diets, ½ dessert or sugar free pudding served with lunch.         </p>			

Approved by: Julie Pan. R.D.

Date: September 29, 2016