Monday	Tuesday	Wednesday	Thursday	Friday
Friends Place October 2019 Richardson	Big Tex Burgers 1 Texas Tator Twisters Corn off the Cob Spinach Salad Blue Ribbon Apple Pie	State Fair Turkey Mashed Potatoes Broccoli Florets Caesar Salad Chocolate Dipped Ice Cream Cone	Loaded Baked Potato Topped with Chili Garden Vegetables Corn Bread Green Salad Peach Cobbler	BBQ Chicken  Macaroni & Cheese Peas Cole Slaw Banana Pudding
Lasagna 7 Italian Flat Cut Beans Garlic Bread Italian Wedding Soup Cookie Bars	Sweet & Sour Chicken 8 Vegetable Fried Rice Egg Roll Beets Green Salad Chocolate Cherry Cake	Ham w/ Pineapple Squash Casserole Scandinavian Vegetables Cole Slaw Jell-O w/ Fruit & Whipped Cream	Chicken Long Grain & Wild Rice Peas & Carrots	Salisbury Steak 11 Mashed Potatoes Creamed Corn Caesar Salad Cherry Pineapple Dump Cake
Baked Fish 14 Roasted Potato Medley Carrot Cascade Caesar Salad Brownie	Chicken Fried Steak Mashed Potatoes With Country Gravy Peas Spring Mix Salad Ambrosia	A Taste of Germany 16 Bratwurst over Sauerkraut Spätzle with Gravy Red Cabbage Spinach Salad Apple Strudel	Soft Taco 17 Spanish Rice Black Beans Green Salad w/ Avocado Sherbet	Garlic Herbed Chicken 18 Twice Baked Potato Casserole Scandinavian Vegetables Cole Slaw Carrot Cake
Cabbage Rolls 21 Mashed Potatoes Squash Capri Spring Mix Salad Peach Parfait	Chicken Tenders w/ 22 Honey Mustard Macaroni and Cheese Broccoli Green Salad Blueberry Crumb Dessert	Sauce Italian Flat Cut Beans Garlic Bread Caesar Salad	Pork Rib Patty Baked Potato Carrot Cascade Cole Slaw Fresh Baked Cookies	Tomato Bisque 25 Grilled Cheese Sandwich Peas & Carrots Green Salad Strawberry Shortcake
Cheddar Ranch Chicker <b>28</b> Rice Pilaf Broccoli Casserole Cole Slaw Pound Cake w/toppings  Menus approved by: Julie F	Potato Salad Baked Beans Green Salad Peach Cobbler	Baked Fish Macaroni & Cheese Peas Spring Mix Salad Pineapple Upside-down Cake  DateSepteml	Halloween Sloppy Joes Pumpkin Carrots Baked Chips Swampy Spinach Salad Dirt w/Worms	All meals served with Iced Tea or Lemonade and Fresh Baked Bread unless otherwise indicated. For NCS diets-Fresh Fruit, ½ portion regular dessert or sugar free cookie/pudding is offered. For no added salt diets-Table salt is not available