


Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals served with Iced Tea, Lemonade OR Water and Fresh Baked Bread unless otherwise indicated.</p> <p>For NCS diets-Fresh Fruit, ½ portion regular dessert or sugar free dessert is offered. For no added salt diets-Table salt is not available</p>	<p>Garlic Herb Chicken 1</p> <p>Roasted Potatoes</p> <p>Carrot Cascade</p> <p>Coleslaw</p> <p>Chocolate Pudding</p>	<p>Salisbury Steak 2</p> <p>Rice Pilaf</p> <p>Scandinavian Vegetable</p> <p>Caesar Salad</p> <p>Fresh Baked Cookie</p>	<p><b>National Sandwich Day 3</b></p> <p>Tomato Basil Soup</p> <p>Grilled Cheese Sandwich</p> <p>Baked Plantain Chips</p> <p>Garden Salad</p> <p>Pound Cake w/Toppings</p>	<p>Quiche Lorraine 4</p> <p>Peas &amp; Carrots</p> <p>Fresh Fruit</p> <p>Spinach Salad</p> <p>Cherry Cobbler</p>
<p>Lemon Pepper Chicken 7</p> <p>Roasted Potatoes</p> <p>Green Beans</p> <p>Caesar Salad</p> <p>Strawberry Parfait</p>	<p>Soft Taco 8</p> <p>Spanish Rice</p> <p>Pinto Beans</p> <p>Green Salad</p> <p>Brownie</p>	<p>Smothered Chicken 9</p> <p>Au Gratin Potatoes</p> <p>Broccoli</p> <p>Spinach Salad</p> <p>Ambrosia</p>	<p>Swedish Meatballs 10</p> <p>Noodles</p> <p>Carrot Cascade</p> <p>Tossed Salad</p> <p>Fresh Baked Cookie</p>	<p><b>Veteran's Day 11</b></p> <p>Air Force Wings</p> <p>U Boat Potatoes</p> <p>Army Green Peas</p> <p>Coast Guard Cole Slaw</p> <p>Marine Pie</p>
<p>Meatloaf 14</p> <p>Mashed Potatoes</p> <p>Scandinavian Vegetables</p> <p>Caesar Salad</p> <p>Peach Cobbler</p>	<p>BBQ Chicken 15</p> <p>Potato Salad</p> <p>Corn</p> <p>Coleslaw</p> <p>Birthday Cake</p>	<p>Baked Fish 16</p> <p>Macaroni &amp; Cheese</p> <p>Mixed Vegetables</p> <p>Garden Salad</p> <p>Banana Pudding</p>	<p>Parmesan Crusted 17</p> <p>Chicken</p> <p>Sweet Potatoes</p> <p>California Vegetables</p> <p>Spinach Salad</p> <p>Pistachio Fluff</p>	<p>Lasagna 18</p> <p>Italian Flat Cut Beans</p> <p>Garlic Bread</p> <p>Green Salad</p> <p>Fresh Baked Cookie</p>
<p>Chicken Tenders 21</p> <p>Macaroni &amp; Cheese</p> <p>Garden Vegetables</p> <p>Spring Mix Salad</p> <p><b>Gingerbread Day</b></p>	<p>Cheeseburger 22</p> <p>French Fries</p> <p>California Vegetables</p> <p>Coleslaw</p> <p>Orange Sherbet</p>	<p><b>Thanksgiving Feast 23</b></p> <p>Turkey with Gravy</p> <p>Cornbread Stuffing</p> <p>Sweet Potatoes</p> <p>Green Bean Casserole</p> <p>Green Salad</p> <p>Pumpkin Pie</p>	<p>24</p> <p><b>HOLIDAY CLOSED</b></p>	<p>25</p> <p><b>HOLIDAY CLOSED</b></p>
<p>Chicken Fried Steak 28</p> <p>With Gravy</p> <p>Mashed Potatoes</p> <p>Corn</p> <p>Caesar Salad</p> <p>Fresh Baked Cookie</p>	<p>Turkey Sandwich 29</p> <p>Baked Plantain Chips</p> <p>Peas and Carrots</p> <p>Garden Salad</p> <p>Pound Cake w/Toppings</p>	<p>Baked Fish 30</p> <p>Macaroni &amp; Cheese</p> <p>Garden Vegetables</p> <p>Coleslaw</p> <p>Brownie</p>		

Menus approved by: Julie Pan MS, RD Date: 10/26/2022

