

OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
2 Sloppy Joe Potato wedges Cucumber salad Banana Apple cobbler	3 Beefy Mac & Cheese Stewed cabbage Baked potato half Wheat roll Fruit cocktail 5 Vanilla wafers	4 Chicken salad sandwich Carrot raisin salad Strawberry yogurt Mandarin oranges Graham crackers	5 Beef pepper steak Brown rice Green beans Biscuit Pineapple tidbits Poke cake	6 Pork rib Garlic mashed potatoes Corn Cornbread Peach crisp
9 Hamburger Lettuce & Tom slice Baked beans Lima beans Apple Brownie	10 Tuna casserole w/peas Green beans Wheat roll Peaches White cake	11 Chicken breast w/gravy Baby bakers Broccoli Spiced Pears Devils food cake	12 Salisbury steak w/ gravy Mashed potatoes Carrots Wheat roll Peaches Blueberry cake	13 Baked fish wedge Mac & Cheese Coleslaw Hushpuppies Cantaloupe CC cookie
16 Breaded chicken w/ gravy Potato wedges Corn Apple slices Yellow cake	17 Baked Ziti Tossed salad w/cucumber Peas & Carrots Garlic roll Peaches Spice cake	18 Baked meat balls w/gravy Mashed potatoes Cauliflower Biscuit Applesauce Devils food cake	19 Pork chop w/gravy Mac & Cheese Spinach Corn bread Orange Yellow cake	20 Open faced turkey Sandwich w/gravy Sweet potato half California blend Chocolate pudding 5 Vanilla wafers
23 Meatloaf w/ gravy Buttered rice Peas Wheat roll Peaches & Cottage cheese Orange cake	24 Egg salad sandwich Cream of potato soup Carrot Raisin salad Apple sauce Lemon cake	25 Pinto beans w/ ham Stewed tomatoes Collard greens Cornbread Chocolate pudding Graham cracker	26 Chicken strips Tater tots Green beans Wheat roll Peaches Sugar cookie	27 Tuna salad w/ crackers Macaroni salad Bean salad w/corn Pears Oatmeal raisin cookie
30 Beef Stew Corn Biscuit Pineapple tidbits Orange cake	31 Grilled cheese sandwich Vegetable soup Saltine crackers Pumpkin Spice Cookie Pears			We serve 2% milk to all clients daily. If you will not be home during meal delivery please call 704-932-3412 Menu may change