

OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
3 Meatballs with gravy Mashed potatoes Green beans Dinner roll with jelly Spiced peaches	4 Chicken fajitas Corn and black bean fiesta Refried beans Flour shell and taco sauce Fresh fruit	5 BBQ Chicken breast Baby baker potatoes Carrots Cornbread Fresh fruit	6 Cranberry glazed pork Half crusted parmesan potato Greens Roll with margarine Pole cake with whipped topping	7 Beef and Macaroni casserole Confetti corn Broccoli Roll Applesauce
10 Chicken teriyaki Brown rice Peas Asian Cabbage Slaw Fresh fruit	11 Beef stroganoff with gravy California blend vegg Fresh fruit Wheat roll Dessert	12 Broccoli and cheese quiche Sliced tomato salad English muffin Fruit Dessert	13 Sloppy joe green peppers Baby bakers Coleslaw Peaches Dessert	14 Chicken, broccoli, and rice casserole Mixed vegetables Stewed tomatoes Roll Chocolate pudding
17 Baked ziti Tossed salad with tomatoes & dressing Broccoli Garlic roll Cinnamon baked apples	18 Chicken tenders Green beans Fresh fruit Roll Macaroni and cheese	19 BBQ Pork Hashbrown casserole Coleslaw Peaches Dessert	20 Beef stew with potatoes and vegetables Blushing pears Garlic cheese biscuit Applesauce Dessert	21 Mini chicken pot pies with vegetables Beets Dinner roll Fruit cobbler
24 Meatloaf with tomato sauce Mashed potatoes Green beans Wheat roll with margarine Angel food cake with fruit	25 Chicken parmesan over pasta Tuscan blend vegetables Fresh fruit Garlic bread Dessert	26 Ham with pineapple Baked half potato Baked brussel sprouts Roll Fruit Banana Pudding	27 Baked turkey with gravy Baked sweet potato casserole Greens Cornbread Apple cobbler	28 Beef and bean chili Tossed salad with dressing Tropical fruit Cornbread with margarine Dessert
31 Beef and bean burrito with green enchilada sauce Spanish rice Mandarin Oranges Mixed vegetables Dessert				