	OCTOBER 2

Monday	Tuesday	Wednesday	Thursday	Friday
If you will not be home during meal delivery, please call 704-932-3412.	1 Meatballs with gravy Green beans Spiced peaches Dinner roll Mashed potatoes Jelly	2 Fish Sandwich Coleslaw with carrots Tropical fruit Corn Dessert	3 BBQ Chicken breast Carrots Fruit Roll Baby Baker Potatoes Dessert	4 Sloppy Joes on bun Baked potatoes Tossed Salad with dressing Chilled peaches Sour cream
7 Oven Fried chicken Hashbrown Cass. Winter blend vegetables, Dinner roll Angel food cake with ½ cup fruit	8 Lasagna Tossed salad with tomatoes and dressing Fruit Garlic knot Dessert	9 Krab cake Carrots Confetti rice Roll with jelly Cottage cheese with ½ cup fruit	10 Pulled pork carnitas casserole Roasted corn with black beans Fruit mix Cinnamon churro	11 Greek Chicken Pasta Garlic Knot Tuscan Veg Pineapple Tidbits Dessert
14 Baked ziti Tossed salad with tomatoes and dressing Broccoli Garlic knot Cinnamon baked apples	15 Chicken tenders Green beans Fruit Roll Mac N cheese Dessert	16 BBQ pork on bun Hashbrown casserole Coleslaw with carrots Chilled peaches Dessert	17 Chicken pot pie with mixed vegetables Beets Fruit Fruit cobbler	18 Beefy Mac & Cheese Collard Greens Dinner Roll Mixed Berries Dessert
21 Spaghetti with meat sauce Tuscan blend vegetables Fruit Garlic knot Parm cheese	22 Mango chicken Peas & Carrots Confetti rice Dinner roll Yogurt with ½ cup fruit	23 Pork Tips with gravy Winter blend vegetables Fruit cocktail Yeast roll Red potatoes	24 Chicken Fajita Casserole W/ Cheese, Onion, & Green Peppers Lettuce & Tomato Mexican Rice Orange Slices	25 Beef Tips & Gravy over Brown Rice Peas & Carrots Diced Peaches Yeast Roll Dessert
28 Chicken, broccoli, rice casserole Black eyed peas Stewed tomatoes Roll Cinnamon peaches	29 Cheeseburger on bun with lettuce and tomato Baked beans Fruit fluff Fruit	30 Beef and bean chili Tossed salad with tomato and dressing Tropical fruit Cornbread Dessert	31 Baked Ham Lima Beans Carrots Yeast Roll Pineapple Cake	NOTE: We serve 2% milk to all clients daily. Menu may change.