

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Deli Sub, Potato Soup, Fruit &amp; Dessert <b>DINNER Special:</b> Meatloaf, Mashed Potatoes, Broccoli &amp; Dessert</p>	<p>2 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Corn Dogs, Tater Tots, Fruit &amp; Dessert <b>DINNER Special:</b> Honey Baked Ham, Au Gratin Potatoes, Squash &amp; Dessert</p>	<p>3 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Chicken Salad Sandwich, Soup, Fruit &amp; Dessert <b>DINNER Special:</b> KFC Famous Bowl, Salad &amp; Dessert</p>	<p>4 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> National Taco Day, Fruit &amp; Dessert <b>DINNER:</b> Goulash, Salad, Garlic Bread &amp; Dessert</p>	<p>5 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Chicken Wings, Soup, Fruit &amp; Dessert <b>DINNER Special:</b> Chicken Parmesan, Green Beans, Penne &amp; Dessert</p>	<p>6 <b>Waffle Day</b> <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Greek Salad &amp; Dessert <b>DINNER Special:</b> Honey Glazed Chicken Breast, Herbed Rice, Carrots &amp; Dessert</p>	<p>7 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Fish Sticks, Potato Wedges, Fruit &amp; Dessert <b>DINNER Special:</b> Country Fried Steak, Mashed Potatoes, Zucchini &amp; Dessert</p>
<p>8 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> BLT Sandwich, Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Turkey Tetrazzini, Salad &amp; Dessert</p>	<p>9 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Turkey Sandwich, Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Sweet &amp; Sour Pork on Rice, Veggie Blend &amp; Dessert</p>	<p>10 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Tuna Sandwiches, Fresh Veggies, Fruit &amp; Dessert <b>DINNER Special:</b> Chicken Alfredo, Fettucine, Salad &amp; Dessert</p>	<p>11 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Grilled Cheese, Tomato Soup, Fruit &amp; Dessert <b>DINNER Special:</b> Stuffed Green Peppers, Rice, Carrots &amp; Dessert</p>	<p>12 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Fried Chicken, Spinach Dip w/ Bread, Fruit &amp; Dessert <b>DINNER Special:</b> Pizza, Salad, Fruit &amp; Dessert</p>	<p>13 <b>Waffle Day</b> <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Pumpkin Soup, Warm Sweet Bread, Fruit and Dessert <b>DINNER Special:</b> Chicken &amp; Dumplings with Salad &amp; Dessert</p>	<p>14 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Sloppy Joes, Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Hamburgers, Fries, Salad &amp; Dessert</p>
<p>15 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Quiche, Muffin, Fruit &amp; Dessert <b>DINNER Special:</b> Pepper Steak, Veggies, Rice &amp; Dessert</p>	<p>16 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Chipped Beef on Toast, Fruit &amp; Dessert <b>DINNER Special:</b> Tuna Noodle Casserole, Salad &amp; Dessert</p>	<p>17 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Crispy Chicken Salad, Fruit &amp; Dessert <b>DINNER Special:</b> Meatloaf, Mashed Potatoes, Green Beans &amp; Dessert</p>	<p>18 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Italian Sausage Melts, Garlic Mushrooms, Fruit &amp; Dessert <b>DINNER Special:</b> Roast turkey, Stuffing, Veggies &amp; Dessert</p>	<p>19 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Tuna Salad with Crackers, Minestrone, Fruit &amp; Dessert <b>DINNER Special:</b> Stroganoff, Egg Noodles, Veggies &amp; Dessert</p>	<p>20 <b>Waffle Day</b> <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Chili, Cornbread, Fruit &amp; Dessert <b>DINNER Special:</b> Lemon Butter Cod, Rice, Veggies &amp; Dessert</p>	<p>21 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Salami Melt, Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Chicken Cordon Bleu, Mixed Rice, Vegetable &amp; Dessert</p>
<p>22 <b>Breakfast:</b> Your choice <b>Lunch:</b> Pulled Pork Sliders, Broccoli Salad, Fruit &amp; Dessert <b>Dinner:</b> Salisbury Steak, Mashed Potatoes, Cowboy Relish &amp; Dessert</p>	<p>23 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Ham Sandwich, Sour Cream Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Fried Chicken, Sweet Potatoes, Spinach &amp; Dessert</p>	<p>24 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Roast Beef Sandwich, Variety Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Pot Roast, Potatoes, Carrots &amp; Dessert</p>	<p>25 <b>BREAKFAST:</b> Your Choice <b>LUNCH: LUNCH:</b> Egg Salad Sandwich, Broccoli Cheddar Soup, Fruit &amp; Dessert <b>DINNER Special:</b> Spaghetti, Salad &amp; Dessert</p>	<p>26 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Pigs in a Blanket, Baked Beans, Fruit &amp; Dessert <b>DINNER Special:</b> BBQ Ribs, Cheesy Potatoes, Vegetables &amp; Dessert</p>	<p>27 <b>Waffle Day</b> <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Roast Chicken Tomato Basil Salad, Fruit &amp; Dessert <b>DINNER Special:</b> Crab Cakes, Quinoa, Vegetables &amp; Dessert</p>	<p>28 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> French Dip, French Onion Soup, Fruit &amp; Dessert <b>DINNER Special:</b> Italian Meatballs, Garlic Bread, Broccoli &amp; Dessert</p>
<p>29 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Fish Patty Sandwiches, Cole Slaw, Fruit &amp; Dessert <b>DINNER Special:</b> Balsamic Glazed Pork Loin, Brussel Sprouts, Rice &amp; Dessert</p>	<p>30 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Taco Bowls, Tortilla Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Broccoli &amp; Ham Casserole, Salad &amp; Dessert</p>	<p>31 <b>BREAKFAST:</b> Your Choice <b>LUNCH:</b> Hot Dogs, Chips, Fruit &amp; Dessert <b>DINNER Special:</b> Chicken Pot Pie, Salad, Biscuit &amp; Dessert</p>				

