

Monday		Tuesday		Wednesday		Thursday		Friday	
									
6	7	8	9	10	11	12	13	14	15
Potato Crusted Pollock served with Lemon Herb Sauce Brown Rice Pilaf, Carrots and Chickpea Salad Mandarin Oranges	Turkey Vegetable Stew with Whole Wheat Bread served with Sweet Potatoes and Brussels Sprouts Mini Pumpkin Muffins	Chicken with Cherry Sauce served with Herb Brown Rice and Whipped Potatoes and Green Beans Fresh Oranges	Beef & Turkey Meatloaf served with Gravy, Whole Grain Roll, Cauliflower and 4 - Way Vegetable Blend Pumpkin Yogurt Parfaits	General Tso Chicken served over Garlic Noodles served with Cabbage and Fresh Tossed Salad Fresh Baked Cookies	Garden Meatballs served with Apricot Glaze, Cauliflower and Spinach Salad Fresh Bananas	Sweet & Sour Chicken served with Whole Grain Garlic Noodles, Cabbage & Carrots served with Asian Vegetable Blend Veggies Cranberry Chia Pudding	Arroz con Pollo (Chicken & Rice) served with Black Beans, Carrots and Brown Rice Fresh Oranges	Tilapia & Shrimp Jambalaya served with Black - Eyed Peas, Collard Greens, Whole Wheat Bread Zucchini Bread with Chocolate Chips	Beef & Turkey Enchilada Pie served with Corn Tortilla and Pinto Beans and Marinated California Mixed Salad Fresh Baked Cookies
20	21	22	23	24	25	26	27	28	29
Turkey Chili served with Cornbread, Baked Potato and Onions & Peppers Fresh Apples	Roasted Garlic Marsala Pollock served with Red Diced Potatoes and Broccoli Apple Crisp	Creamy Tuscan Chicken served over Whole Grain Penne Pasta, Brussels Sprouts and 5 - Way Veggie Blend Apple Sauce	Swedish Meatballs & Gravy Veggie Blend and Salad Whole Grain Roll Pumpkin Spice Cupcakes & Cream Cheese Frosting	Cilantro Lime Chicken, Corn Tortilla, Sweet Potatoes Cilantro Coleslaw & Apple Pie Thumbprint Cookies	Cacciatore Chicken served over Whole Grain Rotini served with Carrots, Green Beans with Red Bell Pepper Fresh Bananas	Potato - Crusted Pollock and Green Chili Sauce, Corn Tortilla, Pinto Beans, Salad Pumpkin Sheet Cake with Cream Cheese Frosting	Roast Chicken with Gravy served with Whipped Potatoes and Brussels Sprouts Fresh Seasonal Fruit	Calabacitas con Pollo (Squash with Chicken) served with Spanish Brown Rice and 4 - Way Veggie Blend Cinnamon Rolls	Beef & Turkey Shepards Pie served with Mixed Veggies and Spinach Halloween Cookies

**Nutritional Supplements as ordered: Glucerna or Ensure. Sandwich orders may be made up to 10:15AM each day.
 A diabetic friendly dessert option is offered daily, and special desserts are noted on the menu.**

**Menu Subject to Change*

