

OCTOBER 2017



M.O.W.

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Monday

Tuesday

Wednesday

Thursday



Friday

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Spinach & Mushroom Alfredo Pasta w/Parmesan Cheese
* California Blend
Steamed Zucchini
Peaches

COLD PLATE

Chicken Fiesta Salad (Black Beans, Cheese, Corn, Salsa, Mixed Greens, Onions)
* Apple Juice
Ranch Dressing
Roll w/Butter
* Tropical Fruit



Salisbury Steak w/Onion Gravy
Stewed Tomatoes
Garlic Mashed Potatoes
Mixed Green Salad w/Blue Cheese Dressing
Pears

Vegetarian Bean & Cheese Burrito w/Red Sauce & Cheese
Mexicali Corn
* Steamed Spinach
* Cantaloupe

BBQ Beef
* Potato Nuggets
* Broccoli
Tossed Salad w/Italian Dressing
Bun
Fresh Fruit

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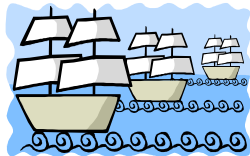
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COLUMBUS DAY HOLIDAY!



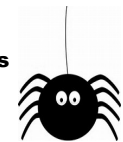
Veal Parmesan a la Romano & Parmesan Cheese
Italian Vegetables
* Steamed Spinach
Rotini w/Marinara Sauce
Peaches

Turkey a la King
Garden Green Peas
* California Blend
Biscuit
Raspberry Gelatin w/Pears (Diet Raspberry Gelatin w/Pears)



COLD PLATE
Tuna Salad on Lettuce Leaf w/Tomato Slice
* Orange-Pineapple Juice
Carrot Raisin Salad
4 Bean Salad
100% WW Bread X2
* Orange

Baked Tahitian Chicken
Fruit Punch
* Winter Blend
Diced Beets
Sesame Noodles
Pineapple Chunks



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COLD PLATE

Thin Ham Slices
Fruit Punch
Carrot Raisin Salad
Corn Relish Salad
Lettuce & Tomato
Mustard & Mayonnaise
Rye Bread
* Citrus Fruit

Pork Stew over Rice
Grape Juice
* Vegetable Bean Medley
Succotash
* Mandarin Oranges



Orange Glazed Chicken
* Spinach
Wild Rice
Mixed Green Salad w/1000 Island Dressing
Roll w/Butter
Fresh Fruit

OKTOBERFEST!
German Sausage
* Seasoned Steamed Cabbage
* Hot German Potato Salad
Mustard
Bun
Apple Pie (Spiced Apple Slices)

Pulled Pork
Apple Juice
Mixed Vegetables
* Potato Wedges
Dinner Roll w/Butter
Orange Gelatin w/Oranges (Diet Orange Gelatin w/Oranges)

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Beef Sukiyaki
Grape Juice
* California Blend
Steamed Rice
Peaches



COLD PLATE
Curried Chicken on a Bed of Mixed Greens
* Orange-Pineapple Juice
Garden Pea Salad
Marinated Beets & Onions
Dinner Roll w/Butter
* Citrus Fruit

Breaded Cod Fish w/Lemon Slice
Mixed Vegetables
* Coleslaw
Brown Rice
Tartar Sauce
Pineapple Chunks



Meatloaf w/Gravy
* Mashed Potatoes
* Broccoli
Tossed Salad w/Ranch Dressing
Fresh Fruit

Herbed Garlic Chicken
* Orange Juice
* Glazed Yams
Tender Green Beans
Roll w/Butter
Tapioca Pudding (Mixed Fruit)

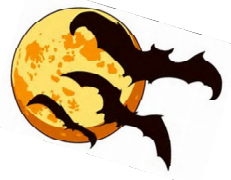


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Oven Fried Chicken
Fruit Punch
* Mashed Potatoes w/Gravy
Succotash
Fresh Fruit

HALLOWEEN CELEBRATION!
Morticia's Famous Chili Dog w/Onions & Cheese
* Cobweb Potato Nuggets
Ghoulish Green Salad w/Wormy Thousand Island Dressing
Mummy Wrapped Bun
Zombie Dump Cake (Eyeball Fruit)



* = Vitamin C
_ = Vitamin A
() = Dessert of Choice
All meals served w/low fat milk.

