

OCTOBER 2017



M.O.W. RESTRICTED SODIUM

OCTOBER 2017

Monday

2

Tuesday

3

Wednesday

4

Thursday

5



Friday

6

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
Dressing
Roll w/Butter
* Tropical Fruit



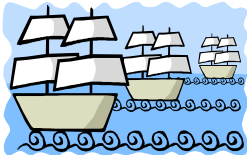
Salisbury Steak w/Onion Gravy
Stewed Tomatoes
Garlic Mashed Potatoes
Mixed Green Salad w/Dressing
Pears

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

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

9

COLUMBUS DAY HOLIDAY!



10

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

11

Turkey a la King
Garden Green Peas
* California Blend
Dinner Roll w/Butter
Diet Raspberry Gelatin w/Pears



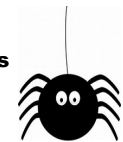
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COLD PLATE

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

13

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



16

COLD PLATE

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

17

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



18

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

19

OKTOBERFEST!

LS German Sausage
* Seasoned Steamed Cabbage
* Hot German Potato Salad
Mustard
Bun
Spiced Apple Slices

20

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

23

Beef Sukiyaki
Grape Juice
* California Blend
Steamed Rice
Peaches



24

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

25

Baked Cod Fish w/Lemon Sauce
* Mixed Vegetables
Coleslaw
Brown Rice
Pineapple Chunks



26

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

27

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



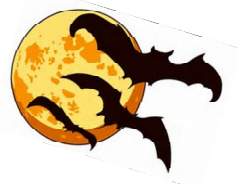
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Oven Baked Chicken
Fruit Punch
* Mashed Potatoes w/Gravy
Succotash
Fresh Fruit

31

HALLOWEEN CELEBRATION!

Morticia's Famous LS Chili Dog w/Onions
* Cobweb Potato Nuggets
Ghoulish Green Salad w/Wormy Dressing
Mummy Wrapped Bun
Eyeball Fruit



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

