

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>Lunch: Spaghetti w/Meat Sauce, Caesar Salad, Garlic Bread.</p> <p>Alternate Selection: Grilled Three Cheese Sandwich, Mixed Vegetables, Chicken Noodle Soup.</p> <p>Dinner: Fish Tenders, Fried Okra, Collard Greens, Cornbread Muffins.</p> <p>Alternate Selection: Citrus Chicken, Whipped Potatoes, Sauteed Spinach.</p>	<p>2</p> <p>Lunch: Chicken & Dumplings, Parslied Carrots, Roll.</p> <p>Alternate Selection: Baked Fish, Rice, Green Peas.</p> <p>Dinner: Swiss Steak w/Onions & Peppers, Rice, Butterbeans, Roll.</p> <p>Alternate Selection: Soft Shell Fajitas w/Salsa & Sour Cream, Refried Beans, Corn.</p>	<p>3</p> <p>Lunch: Pork Chop, Escalloped Apples, Buttered Cabbage, Biscuit.</p> <p>Alternate Selection: Loaded Baked Potato, Vegetable Soup..</p> <p>Dinner: Pinto beans, Macaroni and Cheese, Turnip Greens, Corn bread</p> <p>Alternate Selection: Meatball Sub w/Cheese, French Fries, Ranch Slaw.</p>	<p>4</p> <p>Lunch: Fried Chicken, Rice w/Gravy, Key West vegetables, Cheddar Drop Biscuit.</p> <p>Alternate Selection: Taco Salad</p> <p>Dinner: Meatloaf, Whipped Potatoes w/Gravy, Spinach, Roll</p> <p>Alternate Selection: Chef's Salad</p>	<p>5</p> <p>Lunch: Sweet Pulled Pork, Sweet Potato, Mixed Vegetables, Dinner Roll.</p> <p>Alternate Selection: Fish Sandwich, Fries, Collard Greens</p> <p>Dinner: Chicken Tenders, Macaroni & Cheese, Green Peas, Biscuit.</p> <p>Alternate Selection: Egg Salad Sandwich on Wheat, Chips, Fruit Cup.</p>	<p>6</p> <p>Lunch: Turkey Tetrazini, Green Beans, Roll.</p> <p>Alternate Selection: Ham n Beans, roasted potatoes, Stewed Okra.</p> <p>Dinner: Chopped Angus Steak, Baked Potato w/Sour Cream & Chives, Brussels Sprouts, Roll.</p> <p>Alternate Selection: Clam Chowder, Tomato & Cheese Toast.</p>
<p>7</p> <p>Lunch: Sliced Ham, Creamed Corn, Prince Charles Vegetables, Potato Roll.</p> <p>Alternate Selection: Fruit Plat w/Cottage Cheese.</p> <p>Dinner: Deli Sandwich, Lettuce & Tomato, 7 Bean Soup.</p> <p>Alternate Selection: Hawaiian Chicken on Rice, Tropical Coleslaw, Roll.</p>	<p>8</p> <p>Lunch: Roast beef & Gravy, Potato Medley, Broccoli Casserole, Roll.</p> <p>Alternate Selection: Pasta Primavera, Tossed Salad.</p> <p>Dinner: Chicken Parmesan, Egg Noodles, Sugar Snap Peas, Garlic Bread .</p> <p>Alternate Selection: Steak and Biscuit, Hashbrowns, Carrots, Noodles.</p>	<p>9</p> <p>Lunch: Pork on Bun, Baked Beans, pasta & Veg Salad.</p> <p>Alternate Selection: Baked Fish, Mashed Potatoes, Buttered Corn.</p> <p>Dinner: Pizzeria Pasta Bake, Steamed Broccoli, Garlic Bread.</p> <p>Alternate Selection: Chicken Livers, Whipped Potatoes w/Gravy, Butter Beans.</p>	<p>10</p> <p>Lunch: Fried Chicken, Potato Salad, Green Beans, Roll.</p> <p>Alternate Selection: Grilled frank on Bun, Potato Salad.</p> <p>Dinner: Philly Cheese Steak Sandwich, Pickle Spear, Vegetable Soup, French Fries.</p> <p>Alternate Selection: Turkey melt, Lettuce & Tomato, Vegetable Soup.</p>	<p>11</p> <p>Lunch: Pinto beans, Macaroni & Cheese, Butter Cabbage, Corn Bread.</p> <p>Alternate Selection: Stuffed Baked Potato with Broccoli & Cheese, 7 Bean Soup.</p> <p>Dinner: Roasted Turkey, Rice & Gravy, Green Peas, Roll.</p> <p>Alternate Selection: Grilled Cheese Sandwich, Navy Bean Soup.</p>	<p>12</p> <p>Lunch: Hot Dog w/ Chili on Bun, Bacon Cheddar Fries, Coleslaw</p> <p>Alternate Selection: Fried Fish, Golden Fries, Spinach, Roll.</p> <p>Dinner: Country Style Pork Steak, Potatoes AuGratin, Glazed Carrots, Biscuit.</p> <p>Alternate Selection: Ravioli w/Classic Sauce, Tossed Salad, Texas Toast.</p>	<p>13</p> <p>Lunch: Italian Chicken, Rice & Gravy, Green Beans, Roll.</p> <p>Alternate Selection: Grilled Peanut Butter & Banana on Raisin Bread, Vegetable Soup.</p> <p>Dinner: Pot Roast, Whipped Potato w/Gravy, California Vegetables, Yeast Roll.</p> <p>Alternate Selection: Honey Dijon Glazed Pork, Black Eyed Peas, Collards.</p>

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<p>14 Lunch: Turkey w/Gravy, Sweet Potato, Key West Vegetables, Roll. Alternate Selection: Glazed Ham, Baked Potato, Peas. Dinner: Pinto Beans, Macaroni & Cheese, Braised Cabbage, Cornbread. Alternate Selection: Deli Sandwich, Pickle Spear, Chicken Noodle Soup..</p>	<p>15 Lunch: Hamburger on Bun, French Fries, Relish Plate. Alternate Selection: Berry Almond Salad topped w/Chicken. Dinner: Chicken Salad on Lettuce Leaf, Pickle Spear, Sliced Tomatoes, Croissant, Broccoli Cheddar Soup. Alternate Selection: Corn Dog, Sliced Cucumbers, Apple Sticks.</p>	<p>16 Lunch: Chicken Fettuccine Alfredo, Italian Salad, Garlic Bread. Alternate Selection: Pulled Smoked Pork, Chips, Glazed Carrots. Dinner: Salisbury Steak, Baked Potato with Sour Cream and Chives, Cauliflower w/cheese sauce, Roll. Alternate Selection: Veggie & Cheese Wrap, Rice w/Gravy, Sliced Tomatoes.</p>	<p>17 Lunch: Ranch Chicken, Rice Pilaf, Steamed Broccoli w/Cheese Sauce, Roll. Alternate Selection: Grilled Pimento Cheese Sandwich, Vegetable Soup. Dinner: Country Ham and Biscuit, Cinnamon Apples, Hashbrown Casserole. Alternate Selection: Omelet Topped w/Sauteed Mushrooms, Grits, Sliced Tomatoes</p>	<p>18 Lunch: Meatloaf, Garlic Mashed Potatoes w/Gravy, Squash Casserole, Cornbread Muffins. Alternate Selection: Buffalo Wings, Celery Sticks w/ Ranch, Onion Rings. Dinner: Grilled Chicken on Bun, Relish Plate, Sweet Potato Fries. Alternate Selection: Egg Salad on Wheat, Black Beans and Corn, Baked Potato.</p>	<p>19 Lunch: Turkey Pot Pie, Sauteed Spinach. Alternate Selection: Bowl of Beans, Collard Greens, Cornbread & Onions. Dinner: Sloppy Joe on Bun, BBQ Chips, Coleslaw. Alternate Selection: Fried Chicken Salad, Garlic Toast.</p>	<p>20 Lunch: Spaghetti w/Meat Sauce, Malibu Blend, Garlic Toast. Alternate Selection: Stuffed Potato w/All the Trimmings, Chicken Noodle Soup. Dinner: Chicken Tenders, Baked Potato, Tropical Salad, Biscuit. Alternate Selection: Baked Ham & Cheese on Bun, Baked Beans, Apple Sauce</p>
<p>21 Lunch: Fried Chicken, Roasted Garlic Mashed Potatoes, Coleslaw, Roll. Alternate Selection: Hamburger Steak w/Gravy, Sweet Potat, Cream Style Corn, Dinner: Ham Salad on Croissant, Pickle Spear, Veg. Beef Stew, Slice Apples. Alternate Selection: Pancakes, Sausage Links, Fruit Cup</p>	<p>22 Lunch: BBQ Drumstick, Roasted Potatoes, Steamed Broccoli, Garlic Toast. Alternate Selection: Crab cake, Rice, Mixed Vegetables. Dinner: Hamburger on Bun, Chips, Baked Beans, Relish Plate. Alternate Selection: Ravioli, Three Bean Soup, Garlic Toast</p>	<p>23 Lunch: Pinto Beans, Macaroni & Cheese, Stewed Cabbage, Cornbread muffin. Alternate Selection: Polish Sausage, Roasted Potatoes, Corn fritters. Dinner: BLT Sandwich, Hashbrown Patty, Potato Soup. Alternate Selection: Chicken tenders, Sweet Potato Fries, Tomato Soup.</p>	<p>24 Lunch: Roasted Turkey w/Gravy, Sage Dressing, Green Beans, Roll. Alternate Selection: Chef's Salad Dinner: Baked Fish, Rice Pilaf, Tomato & Cucumber Salad, Cornbread. Alternate Selection: Hot Dog on Bun, Potato Salad, Peas & Carrots</p>	<p>25 Lunch: Lasagna, Caesar Salad, Garlic Bread. Alternate Selection: Turkey & Bacon Sandwich, Cheese Puffs, Apple Sticks Dinner: Glazed Ham, Sweet Mashed Potato, Cinnamon Apples, Roll. Alternate Selection: Tuna & Cheese Croissant, Cheez-Its, Mushroom Soup.</p>	<p>26 Lunch: Chicken Tenders, Vegetable Sticks, Pasta Salad, Dinner Roll Alternate Selection: Tuna Stuffed Tomato. Dinner: Chuckwagon Steak with Gravy, Baked Potato, Corn, Biscuit. Alternate Selection: Chicken Casserole, Rice w/Gravy, Tossed Salad.</p>	<p>27 Lunch: Pot Roast & Gravy, Potato Medley, Breen Peas, Yeast Roll. Alternate Selection: Chef's Salad w/Chicken. Dinner: Hot Dog on Bun, with Chili Sauce, Baked Beans, Coleslaw. Alternate Selection: Fruit Plate with Cottage or Yogurt, Cheese Toast.</p>

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<p>28 Lunch: Roasted Pork Loin, Candied Yams, Green Beans, Roll. Alternate Selection: Stuffed Chicken Breast, Noodles, Carrot Spears. Dinner: Chicken Fillet on Bun, French Fries, Relish Tray. Alternate Selection: Ham Salad Sandwich, Chips, Pear Halves</p>	<p>29 Lunch: Spaghetti w/Meat Sauce, Caesar Salad, Garlic Bread. Alternate Selection: Grilled Three Cheese Sandwich, Mixed Vegetables, Chicken Noodle Soup. Dinner: Fish Tenders, Fried Okra, Collard Greens, Cornbread Muffins. Alternate Selection: Citrus Chicken, Whipped Potatoes, Sauteed Spinach.</p>	<p>30 Lunch: Chicken & Dumplings, Parslied Carrots, Roll. Alternate Selection: Baked Fish, Rice, Green Peas. Dinner: Swiss Steak w/Onions & Peppers, Rice, Butterbeans, Roll. Alternate Selection: Soft Shell Fajitas w/Salsa & Sour Cream, Refried Beans, Corn.</p>	<p>31 Lunch: Pork Chop, Escalloped Apples, Buttered Cabbage, Biscuit. Alternate Selection: Loaded Baked Potato, Vegetable Soup.. Dinner: Pinto beans, Macaroni and Cheese, Turnip Greens, Corn bread Alternate Selection: Meatball Sub w/Cheese, French Fries, Ranch Slaw.</p>	<p>Always available: Hamburger on bun, Chicken salad sandwich, Ham salad sandwich, Egg salad sandwich, Pimento cheese sandwich, Chicken Salad on Lettuce, Chicken noodle soup, Tomato Soup, Chef Salad, Green Beans, and Whipped Potatoes.</p> <p>Price of Guest meals is \$4.50</p>		