

October 2021

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Low Fat Milk Available With Each Meal				1 Beef Stroganoff Lima Beans Orange Carrots Wheat Bread Fresh Fruit
4 Beef w/ Mushroom Gravy Garlic Whipped Potatoes California Vegetables Dinner Roll Fruit Cup	5 Garlic Rosemary Chicken Mixed Beans Turnip Greens Wheat Bread Fresh Fruit	6 Cheesy Beef Casserole Glazed Carrots Brussels Sprouts Dinner Roll Fruit Cup	7 Tuna Mac Salad Coleslaw Green Pea Salad Saltine Crackers Fresh Fruit	8 Cheese Omelet Grits Spinach Biscuit Fresh Fruit
11 Parmesan Chicken Penne & Tomatoes Italian Vegetables Dinner Roll Fruit Cup	12 Beef and Bean Chili Whole Kernel Corn Green Beans Saltine Crackers Fresh Fruit	13 BBQ Rib Patty Butter Beans Summer Vegetables Dinner Roll Fresh Fruit	14 Oven Fried Chicken Parslied Whipped Potatoes Collard Greens Cornbread Fresh Fruit	15 Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler
18 Turkey Ham & White Beans Buttered Rice Spring Vegetables Dinner Roll Fruit Cup	19 Chicken Taco Meat Pinto Beans Lettuce & Tomato Shredded Cheese Flour Tortilla Fresh Fruit	20 Chopped Steak/Gravy Twice Whipped Potatoes Mixed Greens Wheat Bread Fresh Fruit	21 Chicken Gumbo Yellow Rice Garden Vegetables Cornbread Fresh Fruit	22 Italian Mac & Beef Herbed Green Beans Tossed Salad Dinner Roll Hot Spiced Apples
25 Creole Steak Delmonico Potatoes Mixed Vegetables Dinner Roll Fruit Cup	26 Chicken Tetrzzini Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit	27 Pork Sausage Lima Beans Country Vegetables Hot Dog Bun Fresh Fruit	28 Beef & Rice Casserole Green Pea Dilled Carrots Dinner Roll Fresh Fruit	29 BBQ Chicken Thigh Black-eyed Peas Mustard Greens Cornbread Fruit Cup

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.