



October 2009 Lunch Menu

Approved by: Colleen T. Keller, R.D.

New Fall Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1] Old Fashion Mac & Cheese Ratatouille Seasoned Broccoli Fruit Cobbler	2] Lemon Chicken Buttered Carrots Lima Beans Fruited Yogurt
5] <u>New Fall Menu Begins</u> Chicken Cobbler Autumn Fruit Compote Vanilla Wafers	6] Pot Roast & Gravy Braised Red Cabbage Mashed Potatoes Fruit Cocktail	7] Salmon Croquettes Vegetable Medley Pear & Mandarin Crisp Graham Crackers	8] Roasted Pork with Apples Buttered Green Beans Sweet Potato Pudding Mandarin Oranges	9] Country Steak with gravy Scalloped Potatoes Parsley Buttered Carrots Biscuit Spiced Peaches
12] Pineapple Glazed Ham Southern Style Greens Spoon bread Pumpkin Custard	13] Turkey Pot Pie Glazed Carrots Fresh Golden Apple	14] Old Fashioned Meatloaf Buttered Spinach Baked Noodles Fruited Yogurt	15] Shrimp Fried Rice Oriental Vegetable Medley Tropical Pineapple Tapioca Pudding	16] Roasted Chicken Thighs Buttered Cauliflower Spinach Soufflé Fresh Grapes
19] Pasta Shells with Meat sauce Steamed Broccoli Peach Crème Fraiche	20] Turkey Loaf with gravy Stewed Tomatoes Butter Beans Gingersnaps	21] Braised Beef Tips Country Mashed Potatoes Baked Winter Squash Corn Bread Fresh Banana	22] Baked Fish California Vegetable Medley Oven Roasted Potatoes Pineapple Tidbits	23] Pork Chops with gravy Baked Cheese Grits BBQ Roasted Vegetables Fresh Apple
26] Brunswick Stew Seasoned Peas Spoon bread Apple Betty	27] Roast Turkey with gravy over Bread dressing Smothered Green Beans Autumn Fruit Compote Cranberry Sauce	28] Macaroni & Cheese Black-eyed Peas & Stewed Tomato Collard Greens Cookies	29] Italian Meatloaf Broccoli Soufflé Parslied Potatoes Fresh Pear	30] Caramelized Baked Chicken Brussels Sprouts Ginger Pear Crumble Vanilla Pudding

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 pat of butter.

Menu may change without notice