



CW Resources Community Café

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2:50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Cranberry Juice Country Fried Chicken Country Gravy Mashed Potato Green Beans with Mushrooms</p> <p>12 Grain Bread</p> <p>Rice Raisin Pudding</p>	<p>2</p> <p>Grape Juice Roast Pork Cranberry Gravy Sesame Noodles Buttered Beets</p> <p>100% W.W. Bread</p> <p>Birthday Cake</p>	<p>3</p> <p>Pasta Fagioli Unsalted Crackers Chicken Breast Sandwich Lettuce and Tomato Tator Tots Cole Slaw Mayonnaise Sesame Bun</p> <p>Peaches</p>	<p>4</p> <p>Parmesan Crusted Pollock Seasoned Roasted Potato Scandinavian Veggies Sour Cream</p> <p>Multi Grain Bread Baked Apples with Whipped Topping</p>
<p>7</p> <p>Swedish Meatballs Low Salt Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread</p> <p>Citrus Selections</p>	<p>8</p> <p>Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Dressing</p> <p>Corn Muffin</p> <p>Cinnamon Applesauce</p>	<p>9</p> <p>Sliced Ham with Pineapple Glaze Mashed Potato Geneva Blend Veggies</p> <p>Rye Bread</p> <p>Banana</p>	<p>10</p> <p>Apple Juice Catfish Cheesy Rice Broccoli</p> <p>Wheat Bread</p> <p>Chocolate Pudding</p>	<p>11</p> <p>Wonton Soup Unsalted Crackers Chicken Fried Rice Oriental Blend Vegetables</p> <p>Egg Roll</p> <p>Pineapple Cup</p>
<p>14</p> <p>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</p> <p>Rye Bread</p> <p>Fruit Cocktail</p>	<p>15</p> <p>Grape Juice Turkey Tetrazzini Brown Rice California Blend Beggies</p> <p>Pumpernickel Bread</p> <p>Ice Cream Cup</p>	<p>16</p> <p>Orange Juice Baked Chicken Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>17</p> <p>Cranberry Juice Veal Picatta Mashed Potato Buttered Dill Carrots</p> <p>Dinner Roll</p> <p>Oatmeal Raisin Cookie</p>	<p>18</p> <p>LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach</p> <p>Biscuit</p> <p>Pears</p>
<p>21</p> <p>Lazy Stuffed Peppers Mashed Potato Buttered Corn Nibbles</p> <p>Italian Bread</p> <p>Mandarin Oranges</p>	<p>22</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>23</p> <p>Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Roll</p> <p>Cantaloupe</p>	<p>24</p> <p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots</p> <p>Apple Pie</p>	<p>25</p> <p>Codfish Cakes Steak Fries Green Beans</p> <p>Oatmeal Bread</p> <p>Tropical Fruit Cup</p>
<p>28</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Italian Bread</p> <p>Pudding</p>	<p>29</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips Spanish Rice Pintos and Black Eyed Peas Tortilla</p> <p>Pears</p>	<p>30</p> <p>Beef Stroganoff Buttered Noodles Mixed Vegetables</p> <p>Dinner Roll</p> <p>Mandarin Oranges</p>	<p>31</p> <p>Aching Apple Juice Spine-chilling Spaghetti Monster Meatballs Gangly Garden Salad Italian Devilish Dressing</p> <p>Ghastly Garlic Bread</p> <p>Tricky Treat</p>	