

# October Menu

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**To Order: 860-621-3014**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fajita Chicken Brown Rice Peppers and Onions  Tortilla  Pineapple Cup	2 Veggie Chili Baked Potato Broccoli Shredded Cheddar Sour Cream  Corn Muffin  Birthday Cake	3 Roast Pork Cranberry Gravy Buttered Noodles Buttered Beets  Dinner Roll  Mandarin	4 Lentil Soup Unsalted Crackers Potato Crunch Fish Herbed White Rice Scandinavian Veggies  White Bread  Applesauce
	7 Salisbury Steak Seasoned Sliced Potato Sliced Carrots  Oatnut Bread  Diced Pears	8 Chicken Bruschetta Buttered Shells Brussel Sprouts  Dinner Roll  Pudding	9 Spinach White Bean Unsalted Crackers Breaded Pollock Confetti Rice Zucchini and Tomato  White Bread  Vanilla Wafer	10 Lasagna Rolette with Marinara Sauce and Mozzarella Green Beans and Mushrooms  Potato Bread  Mango Pineapple
	15 Shepard's Pie Carrots  Rye Bread  Chocolate Chip Cookie	16 Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies  Garlic Bread  Lorna Doones	17 Chicken Corn Chowder Unsalted Crackers Potato Crunch Fish Confetti Rice Winter Blend Veggies  Wheat Bread  Pears	18 Roast Turkey with LS Gravy Herbed Potatoes Mixed Veggies  White Bread  Banana
	21 African Garbanzo and Diced Chicken Dish White Rice Collard Greens and Spinach  Small Cocktail Pitas Mango, Pineapple, and Peach Mix	22 Turkey and Bean Chili with Macaroni Meadow Blend Veggies  Cornbread  Oatmeal Bar	23 Chicken Picatta Mashed Potatoes Garlic Green Beans  White Bread  Fresh Fruit	24 Pumpkin Curry Soup Unsalted Crackers Roast Pork with Chef's Choice Sauce Baked Potato Broccoli  Multigrain Bread  Pudding
28 Stuffed Shells with Marinara Sauce Carrots  Wheat Bread  Pineapple Chunks	29 Fish Sandwich Tartar Sauce Lemon Orzo Brussel Sprouts  Hamburger Roll  Fresh Apple	30 Split Pea Soup Unsalted Crackers Herbed Chicken Breast Sweet Potatoes Meadow Blend Veggies  White Bread  Diced Peaches	31 <b>Halloween Special</b> Ghostly Grape Juice Goulash Goulash Ghostly Green Beans  Witchy Wheat Bread  Halloween Treat!	