

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1 cream of celery soup ham salad sandwich, cucumber slices, cottage cheese with fruit</i>	<i>2 pulled pork, au gratin potatoes, mixed veggies, fruit cocktail</i>	<i>3 H. D. ONLY meat & cheese sand- wich, chips, potato salad, sunny fruit, zucchini cookies</i>	<i>4 seafood salad on a bed of lettuce, grape juice, cantaloupe, strawberry shortcake</i>	5
6	<i>7 goulash, garlic bread, peas, diced carrots, sliced peaches</i>	<i>8 beef veggie soup, egg salad sandwich, red pepper slices, orange juice</i>	<i>9 hot turkey sandwich, mashed potatoes, gravy, green beans, diced pears</i>	<i>10 H. D. ONLY chicken salad wrap, fruit juice, honeydew melon, creamy lemon crumb squares</i>	<i>11 BBQ chicken sand- wich, cowboy pota- toes, broccoli salad, cranberry juice, apple crisp</i>	12
13	<i>14 chicken alfredo, garlic bread, zucchini & yellow squash, fruit juice, tropical fruit</i>	<i>15 corn chowder, tuna salad, breadsticks, oranges, jell-o parfait</i>	<i>16 French dips, English chips, chilled veggie salad, ambrosia salad</i>	<i>17 H. D. ONLY green chili chicken, wild rice, juice, apricots, brownies</i>	<i>18 pork cutlets, potato casserole, brussel sprouts, almond peaches, rice pudding</i>	19
20	<i>21 hamburgers, pasta salad, chips, watermelon,</i>	<i>22 chili with cheese & onions, crackers, oranges,</i>	<i>23 pork roast, scalloped potatoes, butternut squash, honeydew melon</i>	<i>24 H. D. ONLY hamburger gravy, mashed, yellow squash, bananas,</i>	<i>25 beef & broccoli, lo mien, egg rolls, red grapes, Cake & ice cream</i>	26
27	<i>28 chicken tenders, tater tots w/cheese, yellow squash, tropical fruit,</i>	<i>29 ham & beans, cornbread, spinach salad (H. D.) green onions,</i>	<i>30 HAPPY HALLOWEEN!</i>	<i>31 H. D. ONLY lasagna, corn, chilled veggie salad, applesauce,</i>		