


October 2009

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Stuffed Shells w/ Meat Sauce Seasoned Spinach Blended Juice Chef Salad Ambrosia	2 Breaded Chicken Cutlet w/ Gravy Dutchess Mashed Potatoes French Bean Medley Coleslaw Tropical Fruit
5 Turkey a la King w/ Rice Carrots Orange Juice Chef salad Frosted Yellow Cake	6 Stuffed Green Pepper w/ Sauce Mashed Potatoes Corn Fruit Cocktail	7 Breaded Pork Chop w/ Chunky Apple Glaze Mashed Sweet Potatoes Green & Yellow Wax Beans Chef Salad NY Style Cheese Cake	8 Boneless Chicken Breast Au Gratin Potatoes Broccoli Pistachio Pudding	9 Beef Stroganoff Over Egg Noodles Ratatouille Peas Chef Salad Ice Cream
12 Columbus Day No Meals	13 Breaded Chicken Drumsticks Au Gratin Shells Seasoned Spinach Peach & Pineapple Cup	14 Meatloaf w/ Gravy Horseradish Mashed Potatoes French Bean Medley Chef Salad Fruited Gelatin	15 Knockwurst w/ Sauerkraut Baby Red Potatoes Bavarian Red Cabbage Chef Salad Black Forest Cake W/ Whipped Topping	16 Chili Con Carne Seasoned White Rice Diced Carrots Cornbread Chef salad Orange
19 Cabbage Rolls w/ Meat Sauce Garlic Mashed Potatoes Harvard Beets Butterscotch Pudding	20 Ham Potato Casserole Brussels Sprouts Apricot Nectar Chef Salad Apple ALT. Grilled Chicken Salad	21 	22 Penne Pasta w/ Meatballs & Sauce Broccoli Grape Juice Frosted Marble Cake	23 Breaded Fish w/ Tartar Sauce Au Gratin Potatoes Peas, Corn & Red Pepper Coleslaw Sliced Pears
26 Breaded Chicken Drumsticks BBQ Lima Bean Bake Seasoned Spinach Cornbread Cookies	27 Sliced Roast Beef w/ Gravy Baby Red Potatoes Creamed Cabbage Chef Salad Fruit Cocktail	28 Veal Parmesan w/ Sauce Spaghetti Cauliflower w/ Red Pepper Fruit Punch Chef Salad Italian Lemon Ice	29 Turkey Casserole W/ Vegetables Dutchess Mashed Potatoes Buttermilk Biscuit White Cake w/ Cherry Frosting	30 Breaded Pork Chop W/ Gravy Mashed Potatoes Normandy Vegetable Medley Goblin Gelatin Salad Spooky Donut & Apple Cider