



OCTOBER DINNER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Tuna Noodles Onion Lemon Baked Fish BBQ Beef Cubes Red Beans and Rice Baked Potato Halves Collard Greens Corn Combo Peas Dinner Roll Cornbread	2 Baked Salmon Bourbon Chicken Oriental Rice Potatoes O'Brien Succotash Broccoli Parmesan Roasted Cauliflower Dinner Roll Bread Stick	3 Grilled Chicken w/ Mustard Sauce Grilled Pork Chops Mashed Potatoes Steamed Rice Vegetable Medley Spinach Roasted Carrots w/ Rosemary Dinner Roll Bread Stick
4 Baked Turkey & Noodles Stuffed Baked Fish Braised Beef & Noodles Roasted Redskin Potatoes Rice with Parmesan Cheese Broccoli Scalloped Corn Mixed Vegetables Bread Stick Cornbread	5 Shrimp Stir Fry Chili Mac Chicken Florentine Red Beans & Rice Baked Mac and Cheese Med Grilled Asparagus Southern Style Collard Greens Baked Beans Dinner Roll Cornbread	6 Cheese Tortellini w/ Marinara Turkey Breast Fillet Cantonese Spareribs Corn Bread Dressing Steamed Rice Baked Sweet Potatoes French Style Green beans Fried Cabbage Bread Stick Cornbread	7 Salmon w/Maple Ginger Glaze Baked Mexican Chicken Swiss Steak w/Brown Gravy Roasted Redskin Potatoes Mexican Rice Refried Beans w/Cheese Mixed Vegetables Green Beans Jalapeno Cornbread Dinner Roll	8 Honey Sriracha Chicken Oven Fried Fish Meat Loaf Chicken Gravy Crispy Potato Wedges Steamed Rice Peas and Carrots Fried Cauliflower Mixed Vegetables Bread Stick Dinner Roll	9 Baked Chicken Parmesan Cod Franconia Potatoes Steamed Rice Grilled Asparagus Corn Combo Black Eyed Peas Dinner Roll Cornbread	10 Shrimp Jambalaya Stuffed Green Peppers Oriental Rice Crispy Potato Wedges Spanish Style Beans Brussel Sprouts Green Beans w/Mushrooms Dinner Roll Bread Stick
11 Parmesan Cod Honey Mustard Chicken Breast Mexican Pork Chops Rice with Broccoli and Cheese Baked Potato Grilled Asparagus Cauliflower Parmesan Mushrooms Rosemary Dinner Roll Cornbread	12 Spaghetti W/Meat sauce Baked Salmon Lemon Pepper Baked Chicken Mashed Potatoes Corn Bread Dressing Mixed Vegetables Black Eyed Peas Corn Combo Dinner Roll Bread Stick	13 Pork Adobo Parmesan Cod Baked Chicken Steamed Rice Buttered Parsley Potatoes Corn Cauliflower Au Gratin Peas w/ Onions Cornbread Bread Stick	14 Caribbean Chicken Yankee Pot Roast Stuffed Baked Fish Red Beans & Rice Green Beans Corn on the Cobb Baked Potato Halves Dinner Roll Cornbread	15 Chicken Breast Parmesan Onion Lemon Baked Fish Country Style Steak Rice with Parmesan Cheese Rosemary Potato Wedge Glazed Carrots Roasted Cauliflower Herbed Green Beans Dinner Roll Cornbread	16 Salmon w/Maple Ginger Glaze Lemon Pepper Baked Chicken Harvest Blend Rice Savory Summer Squash Green Beans with Mushrooms Cream Style Corn Broccoli Combo Bread Stick Cornbread	17 Parmesan Cod Honey Sriracha Chicken Long Grain & Wild Rice Roasted Redskin Potatoes Savory Style Beans Broccoli Parmesan Corn Combo Dinner Roll Bread Stick
18 Baked Chicken Baked Fish w/Lemon Garlic butter Turkey Chili Mac Buttered Egg Noodles Scalloped Potatoes Broccoli Succotash Mixed Vegetables Bread Stick Cornbread	19 Caribbean Chicken Breast Parmesan Pollock Stuffed Green Peppers Long Grain & Wild Rice Baked Potato Halves Roasted Brussel Sprouts Carrots Cauliflower French Style Peas Dinner Roll Cornbread	20 Herbed Baked Chicken Shrimp Jambalaya Yankee Pot Roast Steamed Rice Mashed Potatoes Corn Cauliflower French Style Peas Dinner Roll Cornbread	21 Crispy Oven-Baked Chicken Onion Lemon Baked Fish BBQ Beef Cubes Red Beans and Rice Baked Mac and Cheese Collard Greens Corn Mixed Vegetables Dinner Roll Cornbread	22 Baked Chicken Stuffed Green Peppers Parmesan Cod Franconia Potatoes Dirty Rice Italian Style Baked Beans Vegetable Medley Grilled Asparagus Bread Stick Cornbread	23 Lemon Baked Fish Hot and Spicy Chicken Oven Browned Potatoes Steamed Rice Black Eyed Peas Grilled Asparagus Hacienda Green Beans Bread Stick Cornbread	24 Eggplant Parmesan Orange Rosemary pork chop Jefferson Noodles Cottage Fried Potatoes Frozen Broccoli Savory Summer Squash Roasted Brussel Sprouts Bread Stick Cornbread
25 Mexican Baked Chicken Baked Salmon Braised Beef & Noodles Rice with Parmesan Cheese Baked Macaroni & Cheese Spinach Cauliflower Combo Green Beans Dinner Roll Cornbread	26 Onion Lemon Baked Fish Jamaican Chicken Parmesan Crusted Pork Chop Rosemary Potato Wedge Hopping John Rice Fried Okra Glazed Carrots Broccoli Combo Bread Stick Cornbread	27 Grilled Steak Salmon w/Maple Ginger Glaze Chicken Breast Dijon Potatoes and Herbs Rice Pilaf Savory Summer Squash Harvard Beets Herbed Green Beans Dinner Roll Cornbread	28 Lemon Pepper Catfish Asian BBQ Turkey Cannonball Sandwich Jefferson Noodles Red Beans & Rice Club Spinach Cauliflower Broccoli Parmesan Toasted Garlic Bread Breadstick	29 Tuna Noodles Onion Lemon Baked Fish BBQ Beef Cubes Red Beans and Rice Baked Potato Halves Collard Greens Corn Combo Peas Dinner Roll Cornbread	30 Baked Salmon Bourbon Chicken Oriental Rice Potatoes O'Brien Succotash Broccoli Parmesan Roasted Cauliflower Dinner Roll Bread Stick	31 Chicken w/ Mustard Sauce Grilled Pork Chops Mashed Potatoes Steamed Rice Vegetable Medley Spinach Roasted Carrots w/ Rosemary Dinner Roll Bread Stick