



OCTOBER LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|---|--|
| | | | | 1 Meat Loaf Stuffed Baked Fish Eggplant Parmesan Rice with Parmesan Cheese Roasted Redskin Potatoes Herbed Green Beans Savory Style Beans Roasted Brussel Sprouts Dinner Roll Cornbread | 2 Beef Yakisoba Basil Baked Fish Parmesan Rice Mashed Potatoes Roasted Cauliflower Glazed Carrots Corn O'Brien Dinner Roll Bread Stick | 3 Roast Pork Tenderloin Lemon Baked Fish Savory Style Bean Buttered Egg Noodles Med Grilled Asparagus Corn Glazed Carrots Dinner Roll Bread Stick |
| 4 Grilled Salmon w/Citrus Butter Mexican Pork Chops Caribbean Chicken Breast Baked Sweet Potatoes Rice with Broccoli and Cheese Vegetable Medley Roasted Cauliflower Herbed Green Beans Bread Stick Cornbread | 5 Cajun Baked Fish Chicken Cacciatore Spaghetti W/Meat sauce Mashed Potatoes Steamed Rice Broccoli Cauliflower Combo Mixed Vegetables Dinner Roll Cornbread | 6 Cajun Chicken Turkey Chili Mac Lemon Pepper Catfish Roasted Redskin Potatoes Rice with Parmesan Cheese Spinach Herbed Green Beans Peas w/ Mushrooms and Onions Dinner Roll Cornbread | 7 Bourbon Chicken Turkey Chili Mac Baked Salmon Red Beans and Rice Jefferson Noodles French Style Peas Herbed Green Beans Summer Squash Bread Stick Dinner Roll | 8 Grilled Steak Crispy Oven Baked Chicken Lemon Baked Fish Jefferson Noodles Oven Browned Potatoes Roasted Carrots w/ Rosemary Corn on the Cob Boston Baked Beans Dinner Roll Cornbread | 9 Lemon Pepper Catfish BBQ Beef Cubes Spanish Rice Buttered Parsley Potatoes Peas w/ Onions Roasted Brussel Sprouts Cauliflower Parmesan Bread Stick Dinner Roll | 10 Tuna Noodles Jamaican Chicken Baked Macaroni and Cheese Rice with Parmesan Cheese Collard Greens Savory Style Beans Cauliflower Combo Bread Stick Dinner Roll |
| 11 Fruit Medley Salad Macaroni Tuna Salad Three Bean and Olive Salad Italian Broccoli Pasta Roast Beef Baked Chicken Spicy Brown Pilaf Rice Roasted Redskin Potatoes Cauliflower Parmesan Corn Combo Garlic Peas Dinner Roll Cornbread | 12 Bourbon Chicken Grilled Salmon w/Citrus Butter Steak Ranchero Potatoes and Herbs Mexican Rice Herbed Green Beans Mexican Corn Carrots Dinner Roll Bread Stick | 13 Savory Baked Chicken Shrimp Scampi Beef and Corn Pie Franconia Potatoes Rice Pilaf Spinach Cream Style Corn Cauliflower Cornbread Bread Stick | 14 Mexican Baked Chicken Salmon w/Maple Ginger Glaze Roast Pork Tenderloin Steamed Rice Jefferson Noodles Baked Sweet Potatoes Roasted Cauliflower Broccoli Dinner Roll Cornbread | 15 Honey Ginger Chicken Eggplant Parmesan Pork Adobo Roasted Rosemary Potato Wedge Harvest Blend Rice Roasted Brussel Sprouts Herbed Green Beans Med Grilled Asparagus Dinner Roll Bread Stick | 16 Baked Dijon Pork Chop Parmesan Cod Rice with Broccoli and Cheese Crispy Potato Wedges Peas w/Onions Collard Greens Country Style Vegetables Dinner Roll Cornbread | 17 Bourbon Chicken Meat Loaf Jefferson Noodles Roasted Redskin Potatoes Peas and Carrots Spinach Green Beans w/Mushroom Dinner Roll Cornbread |
| 18 Oven Fried Fish Cajun Chicken Roast Pork Tenderloin Crispy Potato Wedges Red Beans & Rice Braised Cabbage Spinach Savory Summer Squash Dinner Roll Cornbread | 19 Chicken Enchiladas Grilled Pork Chops Lemon Baked Fish Mashed Potatoes Steamed Rice Peas Cream Style Corn, Oriental Stir Fry Cabbage Dinner Roll Cornbread | 20 Onion Lemon Baked Fish Jamaican Chicken Grilled Pork Chops Jefferson Noodles Baked Potato Halves Cauliflower Combo Herbed Green Beans Roasted Carrots w/ Rosemary Dinner Roll Cornbread | 21 Hot and Spicy Chicken Cajun Baked Fish Asian BBQ Turkey Roasted Redskin Chopped Potatoes Rice with Broccoli and Cheese Black Eyed Peas Roasted Carrots w/ Rosemary Creamed Corn Dinner Roll Cornbread | 22 Yankee Pot Roast Cajun Chicken Oven Fried Fish Onion and Mushroom Gravy Rice Pilaf Crispy Potato Wedges Harvard Beets Black Eyed Peas French Style Green Beans Dinner Roll Cornbread | 23 Lemon Pepper Catfish Grilled Chicken w/ Mustard Sauce Onion Gravy O'Brien Potatoes Red Beans and Rice Peas w/Onions Mixed Vegetables Fried Cauliflower Dinner Roll Cornbread | 24 Savory Baked Chicken Beef and Corn Pie Chicken Gravy Buttered Egg Noodles Parsley Buttered Potatoes Cream Style Corn Cajun Style Vegetables Spinach Dinner Roll Cornbread |
| 25 Chicken Enchiladas Grilled Salmon w/Citrus Butter Cantonese Spareribs Buttered Parsley Potatoes Steamed Rice Spinach Herbed Green Beans Corn Combo Bread Stick | 26 Cranberry Glazed Chicken Cajun Baked Fish Pork Adobo Long Grain & Wild Rice Baked Potato Collard Greens Carrots Grilled Asparagus Corn on the Cob Dinner Roll Bread Stick | 27 Turkey Chili Mac Oven Fried Fish Baked Dijon Pork Chop Scalloped Potatoes Steamed Rice Roasted Cauliflower Fried Cabbage Grilled Asparagus Cornbread Dinner Roll | 28 Meat Loaf Stuffed Baked Fish Eggplant Parmesan Rice with Parmesan Cheese Roasted Redskin Potatoes Herbed Green Beans Savory Style Beans Roasted Brussel Sprouts Dinner Roll Cornbread | 29 Beef Yakisoba Basil Baked Fish Parmesan Rice Mashed Potatoes Roasted Cauliflower Glazed Carrots Corn O'Brien Dinner Roll Bread Stick | 30 Roast Pork Tenderloin Lemon Baked Fish Savory Style Beans Buttered Egg Noodles Med Grilled Asparagus Corn Glazed Carrots Dinner Roll Bread Stick | 31 Grilled Salmon w/Citrus Butter Mexican Pork Chops Caribbean Chicken Breast Baked Sweet Potatoes Rice with Broccoli and Cheese Vegetable Medley Roasted Cauliflower Herbed Green Beans Bread Stick Cornbread |