


OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Boneless Country Style BBQ Ribs Hash brown Casserole Carrots Enchiladas Spanish Rice	2. Beef Tips Noodles Zucchini Spaghetti Dinner Broccoli	3. Chicken Alfredo Veggie Panko Cod Mashed Cauliflower	4. Ham Steak Yams Corn Cheeseburger French Fries	5. Hot Beef Parsley Mashed Potatoes Beef Gravy Squash Sub Sandwich Chips	6. Tuna Noodle Casserole California Medley Soup Dinner Roll
7. Stuffed Shells Mixed Veggies Garlic Toast Brat Patty on Bun Potato Salad	8. Apple Cider Pork Loin Roasted Red Potatoes Peas Ham Salad Hash brown	9. Seasoned Baked Cod Baked Potatoes Veggie Meatball Fried Potatoes	10. Garlic Mashed Potatoes Green Bean Casserole Breakfast Casserole	11. Baked Chicken Mashed Sweet Potato Corn Hot Dog Baked Bean	12. Scalloped Potato With Ham Garlic Toast Breaded Chicken Fillet Chips	13. Raspberry BBQ Ribs Maple Bacon Mashed Potatoes Hushpuppy Potato Spuds
14. Breakfast Pizza Sloppy Joe French Fries	15. Roast Turkey Stuffing Broccoli Chicken Salad	16. Swiss Steak Baked Potato Veggie Catch of the Day Hash brown	17. Chicken Pot Pie Bread Chicken Noodle Soup	18. Shrimp Pasta Alfredo Parmesan Broccoli Tuna Melt	19. Rueben's Onion Ring Pollock Fingers	20. Savory Meatloaf Mashed Potatoes Beef Gravy Green Bean Loaded Turkey Noodle Casserole
21. Taco Salad Egg Salad Chips	22. Hot Beef Mashed Potatoes Beef Gravy Corn Southwest Chicken Bake	23. Herbed Pollock Long Grain Wild Rice Veggie Meatballs Country Style Lima Beans	24. Shrimp Breaded Cauliflower Tator Tot Casserole	25. Roasted Chicken Yam & Green Bean Grilled Ham & Cheese Sandwich Tomato Soup	26. Goulash Broccoli Garlic Bread Pizza	27. Parmesan Crusted Pork Chop Italian Blend Veggies Potato Soup
28. Boneless Rib Hashbrown Casserole Carrot Enchilada Spanish Rice	29. Hot Beef Mashed Potatoes Beef Gravy Oven Roasted Carrot Southwest Chicken Bake	30. Herbed Pollock Long Grain Wild Rice Veggie Meatballs Country Style Lima Beans	31. Baked Cod Loin Baby Bakers Squash Breakfast Casserole			