





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10/1/2020 French Onion Beef & Rice Buttered Carrots Brussel Sprouts Fresh Grapes	10/2/2020 Roast Beef w/ Gravy Mashed Potatoes Broccoli Dinner Roll Banana	10/3/2020 Cheese Omelet Turkey Sausage Red Potatoes Oatmeal Fruit Juice	10/4/2020 Fiesta Lime Chicken Cilantro Brown Rice Fiesta Corn Diced Carrots Fruit Cup
			10/5/2020 Macaroni and Cheese Cauliflower Black Beans/Corn Fresh Orange	10/6/2020 Hamburger Corn Broccoli Fresh Apple	10/7/2020 Smothered Chicken Salisbury w/ mushrooms and onions Buttered Carrots Seasoned Brussel Sprouts Banana	10/8/2020 BBQ Chicken Thigh Brown Rice Sautéed Spinach Mixed Vegetables Fruit Cup
10/12/2020 Shepherd's Pie Mashed Potatoes Broccoli Baked Apples 	10/13/2020 Oven Roasted Chicken Sweet Potatoes Sautéed Spinach Dinner Roll Fresh Orange	10/14/2020 Chicken Tenders Roasted Red Potatoes Corn Banana	10/15/2020 Swiss Steak w/ Gravy Mashed Red Potatoes Seasoned Brussel Sprouts Dinner Roll Fresh Apple	10/16/2020 Lemon Herb Chicken Sweet Potatoes Broccoli Dinner Roll Fresh Grapes	10/17/2020 Turkey Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit Juice	10/18/2020 Grilled Chicken Breast Brown & Wild Rice Roasted Red Potatoes Italian Blend Banana
10/19/2020 Salisbury Steak w/ Gravy Baked Potato Glazed Carrots Dinner Roll Fresh Orange	10/20/2020 Chicken Parmesan w/ Spaghetti Noodles Italian Blend Applesauce	10/21/2020 Tilapia Brown & Wild Rice Roasted Red Potatoes Seasoned Green Beans Banana	10/22/2020 White Bean Chicken Chili Broccoli Cornbread Fruit Crisp	10/23/2020 Sliced Turkey w/ Gravy Stuffing Mashed Potatoes Seasoned Brussel Sprouts Banana	10/24/2020 Homemade Burrito Fiesta Corn Broccoli Diced Peaches	10/25/2020 Sweet & Sour Chicken Brown Rice Oriental Blend Diced Carrots Fruit Juice
10/26/2020 Meatloaf w/ Gravy Mashed Potatoes Green Beans Fresh Orange	10/27/2020 Crumb Baked Salmon Brown & Wild Rice Glazed Carrots Buttered Peas Fresh Apple	10/28/2020 Beef Chili Saltine Crackers Baked Potato Broccoli Banana	10/29/2020 Beef Pepper Steak w/ Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Applesauce	10/30/2020 Grilled Chicken Sandwich Roasted Red Potatoes Broccoli Banana	10/31/2020 Goulash Buttered Peas Corn Fruit Juice 	

Hearty Meals

616-459-3111

All meals served with milk

