

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2022

<p>Breakfast SCRAMBLE EGGS TOAST, FRUIT, D.J. HOT/COLD CEREAL</p> <p>Lunch POT ROAST WITH POTATOES AND BRUSSEL SPROUTS</p> <p>Dessert: Cherry Pie DINNER BROCCOLI AND CHEESE SOUP, BREAKFAST FOR DINNER, WAFFLES W/TOPPING & SAUSAGE</p> <p>2</p>	<p>Breakfast SCRAMBLE EGGS, BACON FRENCH TOAST, D.J. HOT/COLD CEREAL</p> <p>Lunch BBQ CHICKEN LEG, BAKED MAC AND CHEESE AND BEGETABLES</p> <p>Dessert: Banana Pudding DINNER CREAM OF POTATO SOUP, BAKED HAM, CORN BREAD DRESSING AND BAKED YAMS</p> <p>3</p>	<p>Breakfast SCRAMBLE EGGS, SAUSAGE PATTIES DONUTS, D.J. HOT/COLD CEREAL</p> <p>Lunch STREET TACO TUESDAY WITH RICE AND BEANS</p> <p>Dessert: Apple Pie DINNER BEEF BARLEY SOUP, CHICKEN SALAD SANDWICH AND FRESH FRUIT</p> <p>4</p>	<p>Breakfast SCRAMBLE EGGS PANCAKES, FRUIT, D.J. HOT/COLD CEREAL</p> <p>Lunch HOMEMADE BAKED LASAGNA WITH GARLIC BREAD & ITALIAN VEGGIES</p> <p>Dessert: Peach Cobbler DINNER NAVY BEAN SOUP, BLT SANDWICH WITH POTATO CHIPS AND SEASONAL FRUIT</p> <p>5</p>	<p>Breakfast Scramble Eggs, BACON & HASHBROWNS, D.J. Hot/Cold cereal</p> <p>Lunch COUNTRY FRIED STEAK AND MIXED VEGGIES AND MASHED POTATOES</p> <p>Dessert: Sweet Potato Pie DINNER MINSTRONE SOUP, CHICKEN PHILLY SANDWICH WITH PEPPERS, ONIONS AND FRENCH FRIES</p> <p>6</p>	<p>BREAKFAST SCRAMBLE EGGS BISCUITS, FRUIT, D.J. HOT/COLD CEREAL</p> <p>LUNCH BEEF TIPS WITH GRAVY STUFFED WITH POTATO AND WHOLE BABY CARROTS</p> <p>Dessert: Bread pudding DINNER VEGETABLE AND RICE SOUP, EGG SALAD SANDWICH WITH LETTUCE, TOMATO AND PASTA</p> <p>7</p>	<p>BREAKFAST SCRAMBLE EGGS, POTATOES SAUSAGE, FRUIT, D.J. HOT/COLD CEREAL</p> <p>LUNCH FRIED CHICKEN, STEWED TOMATO WITH ORCA BISCUITS</p> <p>DESSERT: ICE CREAM DINNER CHICKEN PSOLE SOUP, BOW TIE PASTA WITH KIELBASA SAUSAGE AND GARLIC</p> <p>1</p>
<p>Breakfast SCRAMBLE EGGS TOAST, FRUIT, D.J. HOT/COLD CEREAL</p> <p>Lunch WATERMELON SLICED, TURKEY ROAST WITH GRAVY, CORN BREAD DRESSING AND VEGETABLE MEDLEY</p> <p>Dessert: Cherry Pie DINNER Broccoli and cheese soup, Pastrami Sandwich with zucchini Fries Sukkot Begins</p> <p>9</p>	<p>Breakfast SCRAMBLE EGGS, BACON, FRENCH TOAST, D.J. HOT/COLD CEREAL</p> <p>Lunch CUCUMBER AND TOMATO SALAD, SLOPPY JOE'S WITH TATER TOTS AND CORN</p> <p>DESSERT: BANANA PUDDING DINNER CREAM OF POTATO SOUP, BEEF STEW WITH CORN BREAD Indigenous Peoples' Day Thanksgiving (Canada)</p> <p>10</p>	<p>Breakfast SCRAMBLE EGGS, SAUSAGE PATTIES DONUTS, D.J. HOT/COLD CEREAL</p> <p>LUNCH STREET TACO TUESDAY WITH RICE WITH BEANS</p> <p>Dessert: Apple pie DINNER BEEF BARLEY SOUP, CHICKEN SANDWICH COLE SLAW & FRENCH FRIES</p> <p>11</p>	<p>Breakfast SCRAMBLE EGGS PANCAKES, FRUIT, D.J. HOT/COLD CEREAL</p> <p>Lunch AMBROSIA, STEAK CAESAR SALAD WITH EGG, LETTUCE, TOMATO, CHEESE, AND BREAD STICKS</p> <p>Dessert: Peach Cobbler DINNER NAVY BEAN SOUP WITH HAM, BAKED POTATO,</p> <p>12</p>	<p>Breakfast Scramble Eggs, BACON & HASHBROWNS, D.J. Hot/Cold cereal</p> <p>Lunch MACARONI SALAD, CHEESE ENCHILADA RICE WITH BEANS</p> <p>Dessert: Sweet Potato Pie DINNER MINSTRONE SOUP STUFFED BELL PEPPERS, VEGGIES AND DINNER ROLL</p> <p>13</p>	<p>Breakfast SCRAMBLE EGGS BISCUITS, FRUIT, D.J. HOT/COLD CEREAL</p> <p>Lunch FRUIT MEDLEY, CABBAGE ROLLS, BLACK EYED PEAS AND CORN BREAD</p> <p>Dessert: Bread Pudding DINNER VEGETABLE AND RICE SOUP, LEMON PEPPER CHICKEN WINGS, BAKED BEANS</p> <p>14</p>	<p>Breakfast SCRAMBLE EGGS, POTATOES, SAUSAGE, D.J. HOT/COLD CEREAL</p> <p>Lunch COTTAGE CHEESE W/GRAPES BAKED HAM, SEASONED POTATOES, AND MIXED VEGGIES</p> <p>Dessert: Ice Cream DINNER CHICKEN PSOLE SOUP, SPAGHETTI & MEATBALLS, GREEN BEANS & GARLIC</p> <p>15</p>
<p>Breakfast Scramble Eggs Toast, Fruit, D.J. Hot/Cold cereal</p> <p>Lunch ORANGE CHICKEN, FRIED RICE, AND ORANGE SLICES</p> <p>Dessert: Cherry Pie DINNER Broccoli and cheese soup, Pizza with Salad</p> <p>16</p>	<p>Breakfast Scramble Eggs, BACON, FRENCH TOAST, D.J. Hot/Cold cereal</p> <p>Lunch CHICKEN FRITTERS, CORN, MASHED POTATOES WITH GRAVY</p> <p>Dessert: Banana Pudding DINNER Beef Barley soup, Ruben Sandwich with onion rings Simone begins</p> <p>17</p>	<p>Breakfast Scramble Eggs SAUSAGE PATTIES, DONUTS, D.J. Hot/Cold cereal</p> <p>Lunch STREET TACO TUESDAY WITH RICE AND BEANS</p> <p>Dessert: Apple Pie DINNER Navy Bean soup with ham, Old fashion Stew, Caesar salad and Cheesy bread</p> <p>18</p>	<p>Breakfast Scramble Eggs PANCAKES, Fruit, D.J. Hot/Cold cereal</p> <p>Lunch SALISBURY STEAK WITH MUSHROOM GRAVY MASH POTATOES AND GREEN PEAS</p> <p>Dessert: Peach Cobbler DINNER Cream of Potato soup, Chicken, Bacon Ranch sandwich with Steak Fries</p> <p>19</p>	<p>Breakfast Scramble Eggs BACON & HASHBROWNS, D.J. Hot/Cold cereal</p> <p>Lunch BABY BACK PORK RIBS, CARROTS AND BAKED BEANS</p> <p>Dessert: Sweet Potato Pie DINNER Minestrone Soup, Chicken & Broccoli, Rice Casserole, carrots and Dinner roll</p> <p>20</p>	<p>Breakfast Scramble Eggs, BISCUITS, Fruit, D.J. Hot/Cold cereal</p> <p>Lunch BARBECUE MEATBALLS MAC AND CHEESE WITH MIXED VEGGIES</p> <p>Dessert: Banana Pudding DINNER Veggie and Rice Soup, Goulash, Carrots and Garlic Bread</p> <p>21</p>	<p>Breakfast Scramble Eggs POTATOES, SAUSAGE, D.J. Hot/Cold cereal</p> <p>Lunch PORK CARNITAS CILANTRO, LIME RICE, AND SEASONED BROCCOLI.</p> <p>Dessert: Ice Cream DINNER Chicken Psole Soup, Chili Cheese hot dog w/French Fries</p> <p>22</p>
<p>Breakfast Scramble Eggs Toast, Fruit, D.J. Hot/Cold cereal</p> <p>Lunch HOMEMADE MEATLOAF, HERB MASHED POTATOES AND GREEN BEANS</p> <p>Dessert: Cherry Pie DINNER Broccoli and cheese soup, pulled Pork on a Bun, buttery carrots and coleslaw</p> <p>23</p>	<p>Breakfast Scramble Eggs BACON, FRENCH TOAST, D.J. Hot/Cold cereal</p> <p>Lunch SKILLET CHICKEN W/ CREAM SAUCE & ANGEL HAIR PASTA</p> <p>Dessert: Banana Pudding DINNER Cream of potato soup, Roast beef Sandwich & fresh fruit</p> <p>24</p>	<p>Breakfast Scramble Eggs, SAUSAGE PATTIES, DONUTS Fruit, D.J. Hot/Cold cereal</p> <p>Lunch STREET TACO TUESDAY W/RICE/BEANS</p> <p>Dessert: Apple Pie DINNER Beef Barley Soup, Salisbury Steak, Mashed potatoes and Carrots</p> <p>25</p>	<p>Breakfast Scramble Eggs PANCAKES, Fruit, D.J. Hot/Cold cereal</p> <p>Lunch PEPPER STEAK W/SAUTEED TOMATO, ONIONS, PEPPERS AND RICE PILAF</p> <p>dessert: peach cobbler DINNER Navy Bean Soup W/Ham, Chicken Bacon Ranch Sandwich on a Bun</p> <p>26</p>	<p>Breakfast Scramble Eggs, BACON & HASHBROWNS D.J. Hot/Cold cereal</p> <p>Lunch OVEN BAKED CHICKEN, SCALLOPED POTATOES & STRING BEANS</p> <p>Dessert: Sweet Potato Pie DINNER Minestrone soup Pork chops with gravy, Rice pilaf & mixed veggies</p> <p>27</p>	<p>Breakfast Scramble Eggs, BISCUITS, Fruit, D.J. Hot/Cold cereal</p> <p>Lunch CRANBERRY PORK, BAKED YAMS AND GREENS</p> <p>Dessert: Bread Pudding DINNER Vegetable & Rice soup Ground Beef Nachos with fixings</p> <p>28</p>	<p>Breakfast Scramble Eggs POTATOES, SAUSAGE, Fruit, D.J. Hot/Cold cereal</p> <p>Lunch GLAZED SALMON, SCALLOPED POTATO AND SQUASH</p> <p>Dessert: Ice cream DINNER Chicken Psole Soup, Chicken Parmesan over pasta & Mixed Veggies</p> <p>29</p>
<p>Breakfast SCRAMBLE EGGS TOAST, FRUIT, D.J. HOT/COLD CEREAL</p> <p>Lunch POT ROAST WITH POTATOES AND BRUSSEL SPROUTS</p> <p>Dessert: Cherry Pie DINNER BROCCOLI AND CHEESE SOUP, BREAKFAST FOR DINNER, WAFFLES W/TOPPING & SAUSAGE</p> <p>30</p>	<p>Breakfast SCRAMBLE EGGS, BACON FRENCH TOAST, D.J. HOT/COLD CEREAL</p> <p>Lunch BBQ CHICKEN LEG, BAKED MAC AND CHEESE AND BEGETABLES</p> <p>Dessert: Banana Pudding DINNER CREAM OF POTATO SOUP, BAKED HAM, CORN BREAD DRESSING AND BAKED YAMS</p> <p>31</p>	<p>Diabetic menu- Grilled Chicken breast with steamed Carrots whole wheat bow tie Pasta with sausage and Asparagus, Salmon Salad with iceberg and spinach leaves.</p> <p>ALTERNATE MENU-1. Grilled Cheese with tomato soup 2. Cod Fish with Fresh herb's topped with a lemon zest. 3. Liver with onion's and steamed Cauliflower 4. Hamburger with all fixing's and French Fries 5. All Beef Hot Dog served with Potato Chips. Scramble eggs may be substituted by Omelets, Sunny side up, or over easy eggs upon request.</p>				