

OCTOBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Eggplant Parmesan Tossed Salad Lemon Pudding
4 Swedish Meatballs Egg Noodles Peas & Carrots Peaches	5 Chicken Caccitore with onions & peppers Brown Rice Broccoli Jell-o	6 Estuary Burger on a roll Crushed Pineapple	7 Turkey Pot Pie with potato & vegetable Lemon Meringue Pie	8 Crabmeat Salad Sandwich 3-Bean Salad Apple Banana
11 COLUMBUS DAY HOLIDAY CLOSED	12 Stuffed Cabbage Mashed Potato Carrot Coins Ice Cream	13 Chicken Caesar Salad Tomato & Cheese Fruit Cocktail	14 Meatloaf Mashed Potato Scandinavian Blend Veg Pears	15 Macaroni & Cheese Stewed Tomatoes Cookies
18 Fish & Chips Cole Slaw Orange	19 American Chop Suey Green Beans Sherbert	20 BBQ Chicken Wild Rice Cauliflower Mandarin Oranges	21 Beef Stew with potato & vegetable Vanilla Pudding	22 Roast Turkey Cranberry Sauce Mashed Potatoes Peas & Pearl Onions Frosted Cake
25 Salisbury Steak Mashed Potato Whole Baby Carrots Pears	26 Chicken Dijon Rice Pilaf Beets Fruited Jell-o	27 Spaghetti & Meatballs Tossed Salad Brownies	28 Tilapia Sweet Baked Potato Spinach Banana	29 Beef Stroganoff Egg Noodles Broccoli Pumpkin Pie