



Lunch menu

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger with bun 2 Baked beans Cole slaw Mustard/mayo Spiced apples Beverage	Spaghetti & meat sauce 3 Carrots Broccoli w/cheese Garlic bread Gelatin with fruit Beverage	Baked chicken w/gravy 4 Snap green beans Okra and tomatoes Rice Pineapple tidbits Beverage	Pork chop w/gravy 5 Green peas Macaroni and cheese Diced peaches Beverage	Beef stew with onions 6 and carrots Black-eyed peas Yellow rice Orange Beverage
Creole baked fish 9 Okra and tomatoes Rice Fruit cobbler Beverage	Tuna salad 10 Tossed salad Potato salad Crackers Fruit cocktail Beverage	Barbeque chicken 11 Collard greens Yellow rice Fresh fruit Beverage	Sausage with peppers 12 and onions with roll Rutabagas Lima beans Pudding Beverage	Beef stroganoff with 13 noodles Sliced carrots Green beans Diced peaches Beverage
Chicken salad 16 Sliced tomatoes, lettuce Pasta salad Crackers Lemon pound cake Beverage	Salisbury steak w/gravy 17 Rice Steamed broccoli Squash and onions Fresh fruit Beverage	Chicken fricassee 18 Mustard greens Macaroni & cheese Fruit cup Beverage	Pot roast with onions 19 and carrots Broccoli Mashed potatoes Chocolate chip cookie Beverage	Lasagna w/ meat sauce 20 Carrots Green beans Garlic bread Fresh fruit Beverage
Turkey & cheese on bun 23 Potato salad Carrot raisin salad Lettuce/tomato/mayo Fresh fruit Beverage	Chicken tetrazzini 24 with noodles Sweet carrots Steamed broccoli Fresh Fruit Beverage	Lemon pepper fish 25 Cabbage Red beans and rice Yogurt Beverage	Chipped barbeque 26 chicken with bun Baked beans Coleslaw Spiced apples Beverage	Chicken and broccoli 27 rice casserole Green peas Peach crunch Beverage
Cheeseburger with bun 30 Baked Beans Cole slaw Mustard/mayo Spiced apples Beverage	Spaghetti & meat sauce 31 Carrots Broccoli w/cheese Garlic bread Gelatin with fruit Beverage			

*Menu subject to market availability

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