

OCTOBER MEAL CALENDAR 2023

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Instant Plain Oatmeal WW Grilled Cheese Sliced Tomatoes Fruit, Juice and Milk	3 Scrambled Eggs w/ Swiss Home Fries Raisin Bran Cereal WW Mini Bagel Fruit, Juice and Milk	4 Blueberry Pancakes Toasted Oats Cereal Cottage Cheese Fruit, Juice and Milk	5 Eggs Benedict Home Fries Raisin Bran Cereal Lettuce and Tomato Fruit, Juice and Milk	6 Cheese Blintzes Farina Mixed Berry Sauce Plain Non-Fat Yogurt Fruit, Juice and Milk
9 Home Fries Pork Sausage Link Scrambled Eggs WW Mini Bagel Fruit, Juice and Milk	10 Bran Flakes Cereal Cinnamon French Toast Yogurt Parfait with Strawberries Juice and Milk	11 Cheddar Baked Potato Mini Croissant Toasted Oats Cereal Fruit, Juice and Milk	12 Raisin Bran Cereal Tropical Waffles with Mangoes and Whipped Cream Cottage Cheese Fruit, Juice and Milk	13 Spinach and Feta Individual Omelet Home Fries Oatmeal
16 Hard Boiled Eggs Mini Croissant Oatmeal Turkey Sausage Link Fruit, Juice and Milk	17 Blueberry Pancakes Toasted Oats Cereal Cottage Cheese Fruit, Juice and Milk	18 Shakshuka Home Fries Raisin Bran Cereal Whole Wheat Pita Fruit, Juice and Milk	19 French Toast Oatmeal Yogurt Parfait with Peaches Juice and Milk	20 Western Frittata Bran Flakes Cereal Home Fries Fruit, Juice and Milk
23 Instant Plain Oatmeal WW Grilled Cheese Sliced Tomatoes Fruit, Juice and Milk	24 Raisin Bran Cereal Tropical Waffles with Mangoes and Whipped Cream Cottage Cheese Fruit, Juice and Milk	25 Scrambled Eggs w/ Swiss Home Fries Raisin Bran Cereal WW Mini Bagel Fruit, Juice and Milk	26 Blueberry Pancakes Toasted Oats Cereal Cottage Cheese Fruit, Juice and Milk	27 Eggs Benedict Home Fries Raisin Bran Cereal Lettuce and Tomato Fruit, Juice and Milk
30 Home Fries Pork Sausage Link Scrambled Eggs WW Mini Bagel Fruit, Juice and Milk	31 Bran Flakes Cereal Cinnamon French Toast Yogurt Parfait with Strawberries Fruit, Juice and Milk	In Person Breakfast Monday – Friday 9:00 AM – 10:00 AM 2nd FL. Dining Room Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*		

OCTOBER MEAL CALENDAR 2023

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Butternut Squash Soup California Veggie Burger WW Hamburger Bun Cole Slaw French Fries Milk and Fruit	3 Chicken Cacciatore WW Dinner Roll Broccoli and Red Peppers Mashed Potatoes Milk and Fruit	4 Chili con Carne Cornbread White Rice Mixed Green Salad Milk and Fruit	5 Breaded Pork Chops WW Dinner Roll Cali Blend Vegetables Potato Pancake Milk and Fruit	6 Ginger and Lime Salmon WW Dinner Roll Baked Sweet Potato Sautéed Green Beans Milk and Fruit
9 Lentil Stew with Carrots and Turnips Cilantro Lime Rice Naan Bread Mixed Green Salad Milk and Fruit	10 Chicken Piccata Garlic and Rosemary Roasted Potatoes Broccoli and Red Peppers WW Dinner Roll Milk and Fruit	11 Cream of Broccoli Soup Beef Meatloaf w/Gravy Cauliflower and Potato Mash Garden Salad Challah Bread Milk and Fruit	12 Pork Spare Ribs Warm Potato Salad Mixed Green Salad WW Dinner Roll Milk and Fruit	13 Spanish Style Fish Yellow Plantains WW Dinner Roll Garden Salad Milk and Fruit
16 Curried Jamaican Stew Brown Rice WW Dinner Roll Baby Spinach Salad with Lemon Vinaigrette Challah Bread Milk and Fruit	17 Arroz con Pollo (Chicken w/Rice) WW Dinner Roll Arugula with Balsamic Vinaigrette Milk and Fruit	18 Egg Drop Soup Sweet and Sour Beef Meatballs Brown Rice Broccoli with Toasted Garlic Milk and Fruit	19 Pork Tenderloin with Zesty Cilantro Sauce Yellow Rice Cuban Black Beans Garden Salad Milk and Fruit	20 Salmon w/Garlic Butter Baby Carrots and Parsley Potato Pancake Challah Bread Milk and Fruit
23 Butternut Squash Soup California Veggie Burger WW Hamburger Bun Cole Slaw French Fries Milk and Fruit	24 Chicken Cacciatore WW Dinner Roll Broccoli and Red Peppers Mashed Potatoes Milk and Fruit	25 Chili con Carne Cornbread White Rice Mixed Green Salad Milk and Fruit	26 Breaded Pork Chops WW Dinner Roll Cali Blend Vegetables Potato Pancake Milk and Fruit	27 Ginger and Lime Salmon WW Dinner Roll Baked Sweet Potato Sautéed Green Beans Milk and Fruit
30 Lentil Stew with Carrots and Turnips Cilantro Lime Rice Naan Bread Mixed Green Salad Milk and Fruit	31 Chicken Piccata Garlic and Rosemary Roasted Potatoes Broccoli and Red Peppers WW Dinner Roll Milk and Fruit	In Person Lunch Monday – Friday 12:00 PM – 1:00 PM 2nd FL. Dining Room Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*		