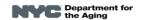


OCTOBER MEAL CALENDAR 2023

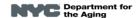


BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
2	3	4	5	6		
Instant Plain Oatmeal	Scrambled Eggs w/ Swiss	Blueberry Pancakes	Eggs Benedict	Cheese Blintzes		
WW Grilled Cheese	Home Fries	Toasted Oats Cereal	Home Fries	Farina		
Sliced Tomatoes	Raisin Bran Cereal	Cottage Cheese	Raisin Bran Cereal	Mixed Berry Sauce		
Fruit, Juice and Milk	WW Mini Bagel	Fruit, Juice and Milk	Lettuce and Tomato	Plain Non-Fat Yogurt		
	Fruit, Juice and Milk		Fruit, Juice and Milk	Fruit, Juice and Milk		
_						
9	10	11	12	13		
Home Fries	Bran Flakes Cereal	Cheddar Baked Potato	Raisin Bran Cereal	Spinach and Feta		
Pork Sausage Link	Cinnamon French Toast	Mini Croissant	Tropical Waffles with	Individual Omelet		
Scrambled Eggs	Yogurt Parfait with Strawberries	Toasted Oats Cereal	Mangoes and Whipped	Home Fries		
WW Mini Bagel	Juice and Milk	Fruit, Juice and Milk	Cream	Oatmeal		
Fruit, Juice and Milk			Cottage Cheese			
	4=	40	Fruit, Juice and Milk			
16	17	18	19	20		
Hard Boiled Eggs	Blueberry Pancakes	Shakshuka	French Toast	Western Frittata Bran Flakes		
Mini Croissant	Toasted Oats Cereal	Home Fries	Oatmeal	Cereal		
Oatmeal	Cottage Cheese	Raisin Bran Cereal	Yogurt Parfait with Peaches	Home Fries		
Turkey Sausage Link	Fruit, Juice and Milk	Whole Wheat Pita	Juice and Milk	Fruit, Juice and Milk		
Fruit, Juice and Milk		Fruit, Juice and Milk				
23	24	25	26	27		
Instant Plain Oatmeal	Raisin Bran Cereal	Scrambled Eggs w/ Swiss	Blueberry Pancakes	Eggs Benedict		
WW Grilled Cheese	Tropical Waffles with Mangoes	Home Fries	Toasted Oats Cereal	Home Fries		
Sliced Tomatoes	and Whipped Cream	Raisin Bran Cereal	Cottage Cheese	Raisin Bran Cereal		
Fruit, Juice and Milk	Cottage Cheese	WW Mini Bagel	Fruit, Juice and Milk	Lettuce and Tomato		
	Fruit, Juice and Milk	Fruit, Juice and Milk		Fruit, Juice and Milk		
30	31	In Person Breakfast Monday – Friday				
Home Fries	Bran Flakes Cereal					
Pork Sausage Link	Cinnamon French Toast					
Scrambled Eggs	Yogurt Parfait with Strawberries					
WW Mini Bagel	Fruit, Juice and Milk	innsh cating by 10.50AM1				
Fruit, Juice and Milk						
Pork Sausage Link Scrambled Eggs WW Mini Bagel	Cinnamon French Toast Yogurt Parfait with Strawberries	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				



OCTOBER MEAL CALENDAR 2023



LUNCH

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