



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Turkey Divan Jasmine Rice Roasted Carrots Whole Wheat Bread Pineapple	6 Grilled Chicken w/ Lemon & Garlic Sauce Mixed Vegetables Red and Golden Beets Whole Wheat Bread Fruit	7 Ravioli w/ Marinara Sauce Kale Zucchini Blend Whole Wheat Bread Chilled Fruit	8 Beef Burgundy w/ Sauce & Pearl Onions Mashed Potatoes Green Beans Whole Wheat Bread Chilled Peaches	9 Pulled Pork w/ BBQ Sauce Potatoes w/ Red Pepper Corn Whole Wheat Bread Chilled Fruit
12 Columbus Day Closed	13 Potato Crunch Fish Lemon Wedge Roasted Sweet Potato Peas Whole Wheat Bread Chilled Fruit	14 Smothered Pork Chop w/ Cider & Onion Gravy Sage Stuffing Vegetable Blend Whole Wheat Bread Cantaloupe	15 Chicken Teriyaki Jasmine Rice Ginger Broccoli Whole Wheat Bread Mandarin Oranges	16 Meatball Stroganoff Mashed Potatoes Dilled Carrots Whole Wheat Bread Fruit
19 Stuffed Pepper w/ Rustic Tomato Sauce Mashed Sweet Potato Peas Whole Wheat Bread Applesauce	20 Chicken A La King Mushrooms & Red Peppers Green Beans Rice Pilaf Whole Wheat Bread Chilled Fruit	21 Yankee Pot Roast w/ Gravy Mashed Potatoes Roasted Butternut Squash Whole Wheat Bread Chilled Pears	22 <i>Autumn Fest</i> Pumpkin Ravioli w/ Chicken Sage Cream Sauce Zucchini & Carrot Batons Whole Wheat Bread Angel Food Cake	23 Breaded Lite Fish w/ Calypso Sauce Roasted Potatoes Corn Whole Wheat Bread Chilled Pineapples
26 Hamburger Baked Beans Carrots Whole Wheat Bun Orange	27 Braised Beef w/ Onions Mashed Potatoes Brussel Sprouts Whole Wheat Bread Chilled Fruit	28 Veggie Lasagna Cream Sauce w/ Spinach & Broccoli Roasted Zucchini Whole Wheat Bread Chilled Pears	29 Roasted Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Green Beans Whole Wheat Bread Chilled Pineapples	30 Southern Fried Chicken Peas Mashed Sweet Potato Whole Wheat Bread Mixed Fruit



The largest pumpkin ever measured was grown by Nom Craven, who broke the world record in 1993 with a 836lb pumpkin.



The first Jack O'Lanterns were actually made from turnips.



Menu Subject to Change

All cardiac meals contain 800mg of sodium or less

Suggested Donation **\$2.00** per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____