

October Congregate

Monday Sep 28 Mains: Sliced Turkey with Gravy Sides: Stuffing Carrots & Green Beans Fruit Cup House Salad 1% Milk Whole Grain Bread Butter	Tuesday Sep 29 Mains: Baked Chicken with Mushroom Sauce Sides: Roasted Potato Broccoli with Cheese Assorted 100% Fruit Juice 1% Milk Whole Grain Bread Butter	Wednesday Sep 30 Mains: Chicken Meatballs Sides: Pasta with Sauce Fall Blend Veggies Fresh Pear 1% Milk Butter	Thursday Oct 1 Mains: Beef Vegetable Stew Sides: Whole Grain Bread Mixed Vegetables Mashed Potatoes Assorted Fresh Fruit Choice 1% Milk Butter	Friday Oct 2 Mains: Western Cheese Omelet Sides: Whole Grain Bagel Potato Home Fry House Salad Assorted Fresh Fruit 1% Milk Butter
Monday Oct 5 Mains: Meatloaf with Gravy Sides: Whole Grain Bread Mashed Potatoes Summer Blend Veggies Assorted 100% Fruit Juice 1% Milk Butter	Tuesday Oct 6 Mains: Asian BBQ Chicken Sides: Brown Rice Asian Stir Fry Veggies Fresh Pear 1% Milk	Wednesday Oct 7 Mains: Minestrone Soup Stuffed Shells with Tomato Sauce Sides: Whole Grain Bread Green Beans Apple Crisp 1% Milk Butter	Thursday Oct 8 Mains: Beef Picadillo Sides: Rice Cuban Black Beans Mixed Vegetables Apple Sauce Cup 1% Milk	Friday Oct 9 Mains: Cranberry Chicken Sides: Mashed Potatoes Fall Blend Veggies Assorted Fresh Fruit Choice 1% Milk Butter
Monday Oct 12 No offerings	Tuesday Oct 13 Mains: Beef Lasagna Sides: Italian Capri Veggie Blend Assorted 100% Fruit Juice 1% Milk Whole Grain Bread	Wednesday Oct 14 Mains: Beef Stroganoff Sides: Egg Noodles Fall Blend Veggies Fresh Pear 1% Milk Butter Whole Grain Bread	Thursday Oct 15 Mains: Pollo en Crema Sides: Mashed Potatoes Broccoli Applesauce Cup 1% Milk Dinner Roll Butter	Friday Oct 16 Mains: Veggie Turkey Chili Sides: Cilantro Rice House Salad Assorted Fresh Fruit Choice 1% Milk
Monday Oct 19 Mains: Shepherds Pie Sides: Mashed Potatoes Mixed Vegetables Fruit Cup 1% Milk Butter Whole Grain Bread Chocolate Pudding	Tuesday Oct 20 Mains: Pesto Chicken Sides: Pasta with Sauce House Salad Fruit Cup 1% Milk Dinner Roll	Wednesday Oct 21 Mains: Baked Fish in Garlic Sauce Sides: Roasted Potato Fall Blend Veggies Assorted Fresh Fruit Choice 1% Milk Butter Whole Grain Bread	Thursday Oct 22 Mains: Beef & Broccoli Sides: Rice Carrots Assorted Fresh Fruit Choice 1% Milk Whole Grain Bread Butter	Friday Oct 23 Mains: General Tso's Chicken Sides: Brown Rice Asian Stir Fry Veggies House Salad Assorted Fresh Fruit Choice 1% Milk Whole Grain Bread Butter
Monday Oct 26 Mains: Lentil Stew with Beef Crumble Sides: Couscous Broccoli & Cauliflower House Salad Assorted 100% Fruit Juice 1% Milk Whole Grain Bread Butter	Tuesday Oct 27 Mains: Cheese Ravioli with Tomato Sauce Sides: Italian Capri Veggie Blend House Salad Fresh Apple 1% Milk Butter Whole Grain Bread	Wednesday Oct 28 Mains: Barbacoa Beef Sides: Cilantro Rice Fiesta Corn 1% Milk Butter Whole Grain Bread Vanilla Pudding	Thursday Oct 29 Mains: Chicken with Zesty Cilantro Sauce Sides: Rice and Black Beans Fall Blend Veggies Apple Sauce Cup 1% Milk Whole Grain Sliced Bread Butter	Friday Oct 30 Mains: Fish with Lemon Dill Sauce Sides: Mashed Potatoes Sautéed Spinach Assorted Fresh Fruit 1% Milk Whole Grain Bread Butter Chocolate Chip Cookie