

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/4 - 11/1 & 29 - 12/27	10/5 - 11/2&30 - 12/28	10/6 - 11/3 - 12/1&29	10/7 - 11/4 - 12/2&30	10/8 - 11/5 - 12/3&31
Brunswick stew	Chilli	Chicken pot pie	Smoked sausage	Ravioli
Mixed beans & rice	Cornbread	Capri vegetables	Bun	Brussels sprouts
Fruit	Broccoli	Sourdough	Green beans	Beets w/ orange
Bread	Corn	Fruit	Carrots	Lemon pudding
10/11 - 11/8 - 12/6	10/12 - 11/9 - 12/7	10/13 - 11/10 - 12/8	10/14 - 11/11 - 12/9	10/15 - 11/12 - 12/10
BBQ riblet sandwich	Peppered swiss steak	Oven fried chicken	Shrimp & grits	Pollock fish w/ tartar
BBQ beans	Mac n cheese	Mashed potatoes	Turnip greens	Lentils & spinach
Spinach	Green beans	Broccoli	Fruit compote	Sweet potatoes
Fruit	Bread	Butterscotch pudding	Sourdough	Bread
10/18 - 11/15 - 12/13	10/19 - 11/16 - 12/14	10/20 - 11/17 - 12/15	10/21 - 11/18 - 12/16	10/22 - 11/19 - 12/17
Beef stroganoff	Hamburger w/ bun	Crab cake	Chicken florentine alfredo	Salisbury steak
Green beans	Potatoes	Spinach	Zucchini & onions	Kale
Apple & raisin compote	Peas & carrots	Sweet potatoes	Cinnamon apple slices	Mashed potato
Roll	Fruit	Sourdough bread	Bread	Sourdough
10/25 - 11/22 - 12/20	10/26 - 11/23 - 12/21	10/27	10/28 - 11/25 - 12/23	10/29 - 11/26 - 12/24
Chicken	Beef stew	BBQ pork w/ bun	Meatloaf	Turkey burger
Turnip greens	Cauliflower	Coleslaw	Broccoli & carrots	Bun
Sweet potatoes	Peas & mushrooms	Potatoes	Succotash	Mustard greens
Bread	Sourdough	Green beans	Sourdough	Apple & raisin compote

THANKSGIVING - 11/24
Sliced turkey; Cranberry sauce; Sweet potatoes; Peas & mushrooms; Orange; Roll; Cake

CHRISTMAS - 12/22
Beef & rice; Sweet potatoes; Broccoli & carrots; Orange; Roll; Cake