



October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
				Chicken Parmesan Brisket Noodles Red Potato Peas Broccoli	Country Fried Steak Chili Potato wedges Corn bread Beans Cabbage	Fajitas Salad Spanish Rice Mixed Veggie
Sunday 4 Oven Fried Chicken Au gratin Potato Broccoli	Monday 5 Chicken and Dumplings Beef stew Rice Mixed vegetables	Tuesday 6 National Noodle Day	Wednesday 7 Tostadas Spanish Rice Refried Beans Corn Prince Williams	Thursday 8 Meat loaf Pot Pie Mashed Potato Rice Squash Broccoli	Friday 9 Fried Fish Philly Sandwich French Fries Mac and cheese Green Beans carrots	Saturday 10 Smothered Pork Chop Oven Roasted Potato Green Peas
Sunday 11 Beef Pot Roast Mashed Potato Carrots	Monday 12 Chicken Tender Turkey burger Onion Rings Fries Zucchini Prince Williams	Tuesday 13 Chicken and squash Fried Pork Chop Red Potato Green Beans	Wednesday 14 Southern Food Heritage Day	Thursday 15 Turkey Brisket Dressing Red Potato Peas and Carrots Broccoli	Friday 16 Beef Stir Fry Salad of the day Chicken Fried Rice Egg roll Cabbage	Saturday 17 Fajitas Salad Spanish Rice Mixed Veggies
Sunday 18 Oven Fried Chicken Au gratin Potato Broccoli	Monday 19 King Ranch Chicken Beef Tips Rice Oriental vegetables Carrots	Tuesday 20 Lasagna Chicken pasta Ratatouille Asparagus Garlic Stick	Wednesday 21 Taco Salad Spanish Rice Refried Beans Corn Prince Williams	Thursday 22 Meat loaf Baked Pork Chop Mashed Potato Rice Squash Broccoli	Friday 23 Fried Fish Philly Sandwich French Fries Mac and cheese Green Beans carrots	Saturday 24 Smothered Pork Chop Oven Roasted Potato Green Peas
Sunday 25 Beef Pot Roast Mashed Potato Carrots	Monday 26 Mince Meat Pie Day Chicken Tenders	Tuesday 27 Chicken and Dumplings Fried Pork Chop Red Potato Green Beans	Wednesday 28 Taco Spanish rice Corn Pinto Beans Broccoli Mix veggies	Thursday 29 Burger Day	Friday 30 Country Fried Steak Baked Fish Potato wedges Rice Squash medley Cabbage	Saturday 31 Fajitas Salad Spanish Rice Mixed Veggie 

Menu is subject to change daily