

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Lettuce Wedge w Blue Cheese & Bacon Shrimp & Scallops Rice Pilaf Red Velvet Cake	2 Tomato Soup Beef Meatloaf Gravy Mashed Potatoes Steamed Carrots Apple Pie	3 Tri Color Salad Kielbasa & Apple Kraut Pierogies Sour Cream Rice Pudding 	4 Pesto Pasta Salad Chicken Marsala Grilled Asparagus Potato Torte Chocolate Cream Pie 	5 Tossed Salad Eggplant Parmesan Italian Bread Mini Pastry Platter 	6	
7	8 Vegetable Bisque Pulled Pork Slider Baked Beans Signature Slaw Seven Layer Cake 	9 Shrimp Cocktail Grilled Salmon Creamed Spinach Basmati Rice Pound Cake w Fresh Fruit 	10 LUNCH Crunchy Vegetable Salad Beef Chili Sour Cream/Cheddar Cheese Corn Muffins Blueberry Pie	11 ASIAN DELIGHT Egg Roll General Tso's Chicken Rice & Vegetables Almond Cookies 	12 Surprise Salad Pork Loin Roasted Red Potatoes Green Bean Almondine Carrot Cake 	13	
14	15 Lobster Bisque Panko Tilapia Garlic Mashed Potatoes Balsamic Glazed Carrots Cheesecake	16 Goat Cheese & Greens Salad Chicken Picatta Rice Pilaf Peas w Mushrooms Strawberry Shortcake	17 BIRTHDAY DINNER Creamy Cole Slaw Spare Ribs Baked Beans Corn Muffins Birthday Cake 	18 LUNCH Pizza Tossed Salad Cupcakes 	19 Tri Color Salad Cavatelli w Broccoli Sausage Italian Bread Chocolate Pudding 	20	
21	22 Tortellini Pasta Salad Plum Ginger Chicken Baked Sweet Potato Balsamic Glazed Brussel Sprouts Lemon Cookies	23 New England Clam Chowder Stuffed Flounder Green Beans w Shallots Roasted Potatoes Cherry Pie 	24 Sesame Noodle Salad Beef Brisket w Potatoes & Carrots Dinner Rolls Marble Cake w Ice Cream	25 Pickled Beets w Onions Pork Chop Herbed Stuffing Grilled Asparagus Corn Muffins Chocolate Cake	26 Caesar Salad Chicken Parmesan Penne Pasta w Marinara Cannoli 	27	
28	29 Manhattan Clam Chowder Coconut Shrimp Brown Rice Pilaf Sautéed Corn w Onions Very Berry Pie	30 Protein Packed Salad Stuffed Peppers Seasonal Vegetables Rye Bread Brownies & Ice Cream	31 HALLOWEEN DINNER Vegetable Bisque Bacon Cheddar Quiche Signature Slaw Halloween Cupcakes	<h1>OCTOBER MEALS</h1>			

