

MENU

OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 Mac & Cheese with Veggies & Navy Beans | 2 Chicken Salad Sandwiches with Sliced Apples | 3 Cheesy Hamburger Casserole | 4 “Thanksgiving Dinner” Turkey Slices, Mashed Potatoes, Carrots & Stuffing | 5 Creamy Chicken & Vegetable Noodle Casserole |
| 8 CLOSED | 9 Vegetable Quiche | 10 Chicken, Veggies & Rice Casserole | 11 Taco Pasta | 12 Tuna Melts with sliced Cucumbers |
| 15 Vegetarian Chili Macaroni | 16 Tuna Wraps with Cut up Fruit | 17 Chicken & Broccoli Alfredo | 18 Bean & Rice Baked Burritos with Sliced Apples | 19 Spaghetti & Meatballs |
| 22 Baked Hamburger Casserole | 23 “Picnic Plate” Pita & Hummus, Fruit & Cubed Cheese | 24 Sloppy Joes with Sliced cucumbers | 25 Homemade Alphagetti | 26 Chicken Salad Wraps with Sliced Carrots |
| 29 Tuna Noodle Casserole | 30 Meatballs, Rice & Veggies in a tomato sauce | 31 “Mummy Pizzas” Orange Slices & A little Treat Happy Halloween! | | |

All Meals come with a glass of 2% Milk or Dairy Alternative of your choice