







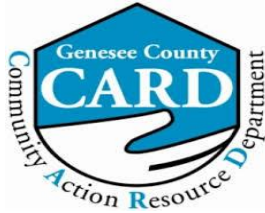


OCTOBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Salad Sandwich 3 oz Italian pasta salad 4 oz Croissant-1 ea 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz	Salisbury Steak-1 ea Redskin Mashed Potatoes-4 oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice	Turkey & Cheese Sub-1 ea Lettuce, tomato, onion HM Cucumber Salad 4 oz Steak House Potato Salad-4 oz Diced Pears-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	Santa Fe Salad w/ Chicken w/HM Corn & Black Bean Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salad Dressing Milk 8 oz 
7	8	9	10	11
BBQ Pulled Pork-3 oz Cole Slaw-4 oz Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz	Grilled Chicken Breast-1 ct Chuck Wagon Veggie Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	Chef's Choice 	HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice	Sweet and Sour Meatballs- 6 ea Brown Rice-3 oz Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz
14	15	16	17	18
Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice 	Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Sugar Snap Peas Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz	Creole Steak w/tomatoes In Sauce European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz	HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake 	Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
21	22	23	24	25
Bean Soup w/ Turkey Ham-8 oz Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz 	HM Chicken & Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month 	Breaded Turkey Sandwich-1 ea Ranch Potato Wedges-4 oz Macaroni Salad-4 oz Whole Wheat Bun Fresh Orange Milk 8 oz mayo pkt
28	29	30	31	
HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk 	Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz 100% Fruit Juice	Boneless BBQ Riblet Veggie Blend-4 oz Cole Slaw-4 oz Sliced Sub Bun Diced Peaches-4 oz Milk	Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	

PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH – (810)659-4735