

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Turkey Tetrzzini Key West Vegetable Blend Carrot Slaw Whole Wheat Bread Cranberry Jello w/fresh fruit	2 Beef Stew w/Vegetables and Potatoes Creamy Cole Slaw Whole Wheat Bread Tapioca Pudding W/Pineapple	3 Icelandic Hoki Tossed Salad w/garbanzo beans Peas & Carrots Red Bliss Potatoes Italian Bread Tropical Fruit	4 Spanish Rice w/Meat Garden Salad Asparagus Whole Wheat Bread Fresh Fruit Salad	5 Baked Ziti Garden Salad California Blend Whole Wheat Bread Banana Fruit Cup	6 Polish Sausage on Bun Beans Calico Carrot Raisin Salad Hot Dog Bun Plum Halves	7 Baked Chicken Cuflet W/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup With Yogurt
8 Turkey Noodle Bake Romaine Garden Salad w/garbanzo beans Cabbage Pineapple Slaw Whole Wheat roll Fruit Medley	9 Beef Pastie W/Gravy Spinach Pickled Beets Whole Wheat Bread Mixed Melon Salad	10 Baked Ham Crunchy Cauliflower Salad Autumn Squash Whole Wheat Bread Sliced Pineapple	11 Tuscan Chicken Broccoli Cuts Oven Roasted Potatoes Whole Wheat Bread Healthy Fruit salad	12 Baked Chicken w/mushroom gravy Peas Mashed Potatoes Whole Wheat Bread Fresh Pear	13 Baked Pollock Au Gratin Potatoes Succotash Italian Bread Ambrosia	14 Turkey Breast WWild Rice Romaine Garden Salad w/garbanzo beans Brussels Sprouts Italian Bread Fresh Strawberry & Banana Cup
15 Chicken Marsala Garlic Mashed Potatoes Parsley Carrots Garden Salad Whole Wheat Bread Diced Pears	16 Roasted Vegetable Lasagna Garden Salad Brussels Sprouts Whole Wheat Bread Citrus Fruit	17 Beef Stroganoff Egg Noodles Tossed Salad w/garbanzo beans Prince Charles Blend Whole Wheat Bread Peach Slices	18 Hawaiian Meatballs over rice French Cut Green Beans Vegetable Slaw Whole Wheat Bread Fresh Fruit Salad	19 Garlic Herb Tilapia Oven Roasted Potatoes Key West Vegetable Blend Whole wheat dinner roll Fruit Medley	20 Pizza Garden Salad Marinated Carrot Salad Cookie Red Apple	21 Creamy Chicken w/vegetables Garden Salad Mixed Vegetables Sliced Potatoes Peach Halves
22 Chinese Chicken Casserole Brown Rice Oriental Salad Oriental Blend Whole Wheat Bread Pineapple and Oranges	23 Macaroni & Cheese Three Bean Salad Whole beets Corn Muffin Citrus Fruit Cup	24 Italian Ravioli Cabbage Salad Capri Blend Whole Wheat Bread Strawberry Rhubarb Pie	25 Salisbury Steak Mashed Potatoes Mexican Corn Italian Bread Orange	26 Pepper Steak Broccoli Spears Creamy Cole Slaw Brown Rice Italian Bread Apple Crisp	27 Beef & Vegetable Stir Fry Brown Rice Key West Vegetable Blend Whole Wheat Bread Apricots	28 Breaded Turkey Patty Oven Roasted Potatoes Dilled Carrots Rye Bread Banana
29 Italian Spaghetti with Meat Sauce Herbed Green Beans Spinach Romaine Salad Whole Wheat Bread Pear Slices	30 Pork Chop w/Sauerkraut Rosemary Roasted Potatoes Green Bean Supreme Dinner Roll Applesauce	31 Chicken a la King Mashed Potatoes Spinach Romaine Salad Whole Wheat Bread Pear Halves				

Menu subject to change at
OPC's discretion due to
availability!