

# October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Beef Pastie w/Carrots Spinach Romaine Salad Cranberry Jello w/Fresh Fruit	<b>2</b> Italian Ravioli Romaine Garden Salad Italian Blend Vegetables Fresh Blueberries	<b>3</b> Turkey Breast w/Gravy Sweet Potatoes Savory Spinach Four Fruit Salad	<b>4</b> Lemon Pepper Cod Au Gratin Potatoes Asparagus Cole Slaw w/Green Pepper Fruit Cocktail	<b>5</b> Chicken Cacciatore Roasted Potatoes Spring Mix Salad California Blend Vegetable Fresh Orange
<b>8</b> Salisbury Steak Baked Potato Roasted Brussel Sprouts Mandarin Orange Salad	<b>9</b> Baked Chicken w/Gravy Wild Rice Mixed Vegetables Romaine Garden Salad Plums	<b>10</b> Turkey Burger Sante Fe Salad Cookie Fresh Apple	<b>11</b> Breaded Pork Chop Red Skin Potatoes Succotash Spinach Salad Coconut Tropical Fruit Salad	<b>12</b> Spaghetti w/Meatballs Romaine Spring Mix Salad Green Beans Peach Halves
<b>15</b> Homestyle Mac 'n Cheese Baby Beets Cabbage Slaw Citrus Fruit	<b>16</b> Ham Yams Broccoli Salad Key West Vegetable Mixed Fruit	<b>17</b> Meatloaf w/Gravy Garlic Mashed Potatoes Romaine Garden Salad Italian Blend Vegetable Baked Apples	<b>18</b> Beef Chow Mein Marinated Carrot Salad Oriental Vegetable Plums	<b>19</b> Chicken a la King w/Rice Herbed Green Beans Spinach Salad Red Grapes
<b>22</b> Stuffed Green Pepper Mashed Potatoes Cabbage Slaw Riviera Blend Vegetable Red Apple	<b>23</b> Kielbasa Sandwich Baked Beans Sauerkraut Cauliflower Salad German Chocolate Cake	<b>24</b> Baked Pollock Brown Rice Cabbage & Carrots Orange Sections	<b>25</b> Chinese Pepper Steak Brown Rice Oriental Vegetable Garden Salad Peach Slices	<b>26</b> Garden Citrus Chicken Roasted Potatoes Vegetable Salad Peas Applesauce
<b>29</b> Lasagna Tossed Salad w/Garbanzo Beans Normandy Blend Vegetable Apricots	<b>30</b> Chicken Broccoli with Sliced Carrots Spinach Salad Apple Juice	<b>31</b> Tuna Pasta Salad Peas V-8 Juice Mini Muffin Fresh Orange	<b>Menu subject to change at OPC's discretion due to availability!</b>	