

MONDAY	OCT 04	TUESDAY	OCT 05	WEDNESDAY	OCT 06	THURSDAY	OCT 07	FRIDAY	OCT 08	SATURDAY	OCT 09	SUNDAY	OCT 10
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BREAKFAST

Cream of Wheat	Apple Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat
Poached Egg	Egg & Sausage Sandwich	Poached Egg	Ham Omelet	Bacon Strips	Scrambled Egg & Cheese	Fried Egg
Dry Wheat Toast	Cream of Wheat	Cinnamon Toast	Dry Raisin Toast	Pancakes	Cinnamon Roll	Sweet Belgian Waffle
Oatmeal	Scrambled Egg	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Scrambled Egg	Dry Wheat Toast	Scrambled Egg	Scrambled Egg	Scrambled Egg	Scrambled Egg	Scrambled Egg
Dry White Toast		Dry Wheat Toast	Dry Wheat Toast	Dry Wheat Toast	Dry Wheat Toast	Dry Wheat Toast

LUNCH

Blackened Fish	Garlic & Sage Chicken Thighs	Pork Sweet Potato Stew	New England Beef	Turkey Breast in Apple Cider Sauce	Chicken Marsala	Sweet & Savory Apple Pork
Cheddar Mashed Potatoes	Cider Spiced Pilaf	French Cut Green Beans	Roasted Red Potatoes	Whipped Sweet Potato	Buttered Spaghetti	Au Gratin Potatoes
Succotash	Creamed Spinach	Wheat Dinner Roll	Seasoned Beets	California Blend Vegetables	Zucchini Parmesan	Franciscan Vegetable Blend
Wheat Dinner Roll	Gingerbread & Fruit	Peach Cobbler	Wheat Dinner Roll	Raspberry Brownie	Chocolate Mocha Cake	Frosted Pumpkin Bar
S'mores Pudding	Stuffed Mushrooms	Turkey Cutlet & Gravy	Orange Pineapple Gelatin	Black Bean Enchiladas	Garlic Shrimp	Spinach Lasagna
Picadillo	Parsley Cauliflower	Capri Blend Vegetables	Poached Fish	Peppers & Onions	Creamed Vegetables	Seasoned Broccoli Florets
Squash Medley			Caribbean Vegetable Blend			

DINNER

Chicken Salad Croissant	Tuscan Sausage Potato Soup	Manicotti In Sauce	Cranberry Chicken Pecan Salad	French Dip Sandwich	Carrot & Pumpkin Soup	Chili Colorado
Cream of Broccoli Soup	Cheese Tomato Basil Sandwich	Garden Salad	Baked Potato Soup	Hearty Vegetable Soup	Turkey Burger	Corn O'Brien
Saltine Crackers	Saltine Crackers	Garlic Bread	French Bread	Parslied Carrots	Waffle Fries	Wheat Dinner Roll
Green Bean Salad	Pumpkin Cheesecake	Chocolate Cream Pie	Toffee Bar	Apple Tart	Lettuce Tomato Onion Topping	Golden Harvest Cake
Rice Krispies Treat Bar	Turkey Pot Pie	Chicken Noodle Casserole	Roast Beef & Cheddar Wrap	Cali Chicken Caesar Wrap	Fruit Cocktail in Whip Topping	Veggie Wrap
Braised Beef Cubes	Brussels Sprouts	Steamed Corn			Hot Dog on Bun	Carrot Sticks
Steamed Beets					Potato Chips	