

OCTOBER 2021

*****MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS*****

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4		5		6		7		8	
Meatballs with Homemade Tomato Sauce and Pasta Steamed Broccoli Steamed Green Beans		Glazed Honey Balsamic Chicken with Rice Pilaf Carrots		Brown Gravy Meatloaf with Garlic Mashed Potatoes Sautéed Zucchini		Baked Fish Fillets -OR- Sweet Potato Coconut Curry Fish & Brown Rice Steamed Broccoli Fruited Jello		BBQ Chicken Breasts with Garlic and Rosemary Roasted Potatoes Collard Greens	
11		12		13		14		15	
Honey Mustard Chicken Breast with Garlic Mashed Potatoes Baby Carrots & Parsley		Jumbo Stuffed Shells with Meat Sauce Sauted Zucchini Steamed Green Beans		Coconut Chicken Curry with Broccoli and Tomato & Cous Cous Steamed Cauliflower		Teriyaki Baked Fish & White Rice Steamed Broccoli		Spanish Styled Baked Chicken & Yellow Plantains Steamed Green Beans	
18		19		20		21		22	
Chicken Marsala with Rice Pilaf Baby Carrots & Parsley		Creamy Beef and Mushroom Sauce Steamed Broccoli Sautéed Green Beans		Orange Chicken with Rosemary and Baked Sweet Potato Kale & Lemon		Homemade Coconut Breaded Tilapia Steamed Green Beans		Chicken Alfredo Penne Steamed Broccoli Steamed Cauliflower	
25		26		27		28		29	
Meat Sauce with Pasta Steamed Broccoli Steamed Cauliflower		Chicken Cacciatore with Rice Pilaf Steamed Green Beans		Brown Gravy Meatballs with Smashed Red Potatoes Steamed Cauliflower		Baked Tilapia in Dill Lemon Sauce Steamed Spinach		Stewed Chicken Breast with Yellow Rice Steamed Broccoli	

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).