







# October Dinner Menu 2022

| Sun  | Mon  | Tue  | Wed   | Thu  | Fri  | Sat  |
|--|--|--|---|--|--|--|
| <p><u>Week 1 — Alternates</u><br/>           Marinated Chicken ♥<br/>           Fresh Fruit Cup ♥<br/>           Baked Potato ♥<br/>           Chicken Salad Sandwich<br/>           Raw Vegetable Plate ♥<br/>           Sliced Peaches<br/>           Fresh Grapes ♥<br/>           Cottage Cheese</p>                                   | <p><u>Week 2 — Alternates</u><br/>           Marinated Chicken ♥<br/>           Apple Wedge w/ Peanut Butter ♥<br/>           Baked Sweet Potato ♥<br/>           Ham Salad on a Croissant<br/>           Seasoned Wax Beans ♥<br/>           Mandarin Oranges<br/>           Fresh Grapes ♥<br/>           Cottage Cheese</p> | <p><u>Week 3 — Alternates</u><br/>           Marinated Chicken ♥<br/>           Fruit &amp; Cheese Plate ♥<br/>           Baked Potato ♥<br/>           Egg &amp; Olive Sandwich<br/>           Herbed Corn ♥<br/>           Sliced Pears<br/>           Fresh Grapes ♥<br/>           Cottage Cheese</p>  | <p><u>Week 4 — Alternates</u><br/>           Marinated Chicken ♥<br/>           Tuna Salad Cold Plate ♥<br/>           Baked Sweet Potato ♥<br/>           Liverwurst &amp; Onion on Rye<br/>           Steamed Peas ♥<br/>           Apricots<br/>           Fresh Grapes ♥<br/>           Cottage Cheese</p>  |  |   | <p><b>1</b><br/>           Vegetable Garden Soup<br/>           Honey Garlic Meatballs<br/>           Baked Crab Cakes<br/>           Macaroni &amp; Cheese<br/>           Buttered Noodles<br/>           Ambrosia Salad<br/>           Green Beans ♥<br/>           Chocolate Cream Pie</p>  |
| <p><b>2</b><br/>           Split Pea &amp; Ham Soup<br/>           Sliced Ham w/ Mustard Sauce<br/>           Basil Marinated Shrimp<br/>           Baked Cheese Lasagna<br/>           Scalloped Potatoes<br/>           Butternut Squash<br/>           Fresh Fruit Cup ♥<br/>           Strawberry Sundae</p>                           | <p><b>3 Week 1</b><br/>           Broccoli Cheddar Soup<br/>           Beef Stroganoff with Noodles<br/>           Bacon Cheddar Quiche<br/>           Lemon Parsley Cod ♥<br/>           Brown Rice ♥<br/>           Cauliflower ♥<br/>           Seasoned Green Beans<br/>           Key Lime Pie</p>                        | <p><b>4</b><br/>           Beef with Rice Soup<br/>           English Muffin Pizza<br/>           Chicken Wings<br/>           Taco Dogs<br/>           Baked Beans<br/>           Broccoli Salad<br/>           Corn on the Cob ♥<br/>           Strawberry Angel Food Cake</p>   | <p><b>5</b><br/>           Lentil Soup<br/>           Chicken Vegetable Casserole<br/>           Marinated Pork Chop<br/>           Beer Battered Shrimp<br/>           Boiled Red Potatoes<br/>           Homestyle Applesauce<br/>           Peas ♥<br/>           Cheesecake</p>   | <p><b>6</b><br/>           Chicken Noodle Soup<br/>           Cubed Steak w/ Onion Gravy<br/>           Turkey Club Wrap<br/>           Steamed Clams w/ Butter<br/>           Tuna Mac Salad<br/>           Lima Beans ♥<br/>           Brussels Sprouts ♥<br/>           Coconut Brownies</p>          | <p><b>7</b><br/>           New England Clam Chowder<br/>           Seasoned Baked Haddock ♥<br/>           Baked Ham Loaf<br/>           Vegetarian Spanish Rice<br/>           Mashed Potatoes<br/>           Cole Slaw<br/>           Baby Carrots ♥<br/>           Peanut Butter Bars</p>   | <p><b>8</b><br/>           Cream of Mushroom Soup<br/>           Spaghetti with Meatballs<br/>           Eggplant Parmesan<br/>           Fruit Plate w/ Chicken Breast ♥<br/>           Cheesy Garlic Bread<br/>           Summer Squash Blend ♥<br/>           Sliced Pickled Beets<br/>           Tapioca Pudding</p>  |
| <p><b>9</b><br/>           Seven Bean Soup<br/>           Turkey Divan<br/>           Beef Ravioli<br/>           Herbed Scallops<br/>           Baked Sweet Potato<br/>           Broccoli ♥<br/>           Grape Salad<br/>           Banana Split</p>  | <p><b>10 Week 2</b><br/>           Crab Chowder<br/>           Italian Sausage Patty w/ Peppers &amp; Onions<br/>           Creamy Tuscan Chicken Thighs<br/>           Mustard Glazed Salmon ♥<br/>           Home Fries<br/>           Corn on the Cob ♥<br/>           Green Beans ♥<br/>           Tiramisu Cake</p>       | <p><b>11</b><br/>           Egg Drop Soup<br/>           Ginger Shrimp and Broccoli w/ Rice<br/>           Asian Chicken Salad ♥<br/>           Vegetable Lo Mein<br/>           Egg Roll<br/>           Asparagus ♥<br/>           Cauliflower ♥<br/>           Apple Cobbler</p>   | <p><b>12</b><br/>           Beef and Bean Soup<br/>           Patty Melt<br/>           Chicken and Biscuits<br/>           Macaroni &amp; Cheese<br/>           Baked Beans<br/>           Brussels Sprouts ♥<br/>           Summer Squash ♥<br/>           Lemon Meringue Pie</p>  | <p><b>13</b><br/>           Corn Chowder<br/>           Dijon Pork Tenderloin ♥<br/>           Corned Beef Brisket<br/>           Cheese Tortellini Primavera<br/>           Boiled Red Potatoes<br/>           Steamed Cabbage ♥<br/>           Glazed Baby Carrots<br/>           Maple Walnut Pie</p> | <p><b>14</b><br/>           Manhattan Clam Chowder<br/>           Spinach Quiche<br/>           Sloppy Joe Sandwich<br/>           Fried Breaded Haddock<br/>           Baked Potato<br/>           Cole Slaw<br/>           Broccoli ♥<br/>           Cherry Mousse Brownie Cake</p>  | <p><b>15</b><br/>           Tomato Soup<br/>           Burgundy Braised Short Ribs<br/>           Coconut Shrimp<br/>           Garlic Basil Chicken Breast ♥<br/>           Rice Pilaf<br/>           Spinach ♥<br/>           Watermelon Wedges ♥<br/>           Coconut Cream Pie</p>   |
| <p><b>16</b><br/>           Lobster Bisque<br/>           Peach Pork Chop (Bone In)<br/>           Baked Manicotti<br/>           Turkey Breast ♥ w/ Gravy<br/>           Combread Stuffing<br/>           Green Bean Casserole<br/>           Baby Carrots ♥<br/>           Caramel Pecan Sundae</p>                                      | <p><b>17 Week 3</b><br/>           Minestrone Soup<br/>           Country Fried Steak<br/>           Pulled Pork Sandwich<br/>           Mediterranean Salmon ♥<br/>           Salt Potatoes<br/>           Cauliflower ♥<br/>           Stewed Tomatoes<br/>           Triple Berry Tart</p>                                  | <p><b>18</b><br/>           Chicken, Barley &amp; Mushroom Soup<br/>           Tuna Noodle Casserole<br/>           Dijon Chicken Thighs<br/>           Spinach Salad<br/>           Baked Sweet Potato<br/>           Cottage Cheese with Pineapple<br/>           Broccoli ♥<br/>           Banana Upside Down Cake</p>  | <p><b>19</b><br/>           Potato Chowder<br/>           BBQ Chicken Breast ♥<br/>           Salmon Cakes<br/>           Stuffed Pepper<br/>           Pasta Salad<br/>           Asparagus ♥<br/>           Seasoned Wax Beans<br/>           Strawberry Cheesecake</p>   | <p><b>20</b><br/>           Beef Noodle<br/>           Shrimp Taco Salad<br/>           Turkey Caesar Burger<br/>           Beef and Potato Casserole<br/>           Seasoned Brown Rice ♥<br/>           Peas ♥<br/>           Sliced Beets<br/>           Peaches and Cream Bars</p>                   | <p><b>21</b><br/>           New England Clam Chowder<br/>           Beer Battered Haddock<br/>           Maple Mustard Chicken Brst ♥<br/>           Baked Stuffed Shells<br/>           Tater Tots<br/>           Cole Slaw<br/>           Green Beans ♥<br/>           Honey Bun Cake</p>  | <p><b>22</b><br/>           Italian Wedding Soup<br/>           Chicken Parmesan<br/>           Pecan Pork Chops<br/>           Reuben Hot Dogs<br/>           Penne with Sauce<br/>           Brussels Sprouts ♥<br/>           Creamed Corn ♥<br/>           Butterscotch Pudding</p>  |
| <p><b>23</b><br/>           Tuscan White Bean<br/>           Pot Roast<br/>           Honey Garlic Shrimp<br/>           Ham &amp; Swiss Quiche<br/>           Mashed Potato<br/>           Summer Squash Blend ♥<br/>           Carrot Raisin Salad<br/>           Hot Fudge Sundae</p>   | <p><b>24 Week 4</b><br/>           Chicken Corn Chowder<br/>           Grilled Chicken Breast ♥<br/>           Bacon Cheddar Angus Burger<br/>           Kielbasa w/ Sauerkraut<br/>           French Fries<br/>           Cauliflower ♥<br/>           Tomato Cucumber Salad ♥<br/>           Lemon Bars</p>                  | <p><b>25</b><br/>           Vegetable Beef Soup<br/>           Beef Stew w/ Biscuit<br/>           Citrus Crusted Salmon ♥<br/>           Broccoli Cheddar Quiche<br/>           Mashed Sweet Potato<br/>           Spinach ♥<br/>           Glazed Baby Carrots<br/>           Chocolate Cherry Dump Cake</p>  | <p><b>26</b><br/>           Cream of Asparagus Soup<br/>           BBQ Pork Ribs<br/>           Fried Chicken Tenders<br/>           Italian Panko Cod ♥<br/>           Potato Salad<br/>           Corn on the Cob ♥<br/>           Seasoned Broccoli<br/>           Egg Custard Pie</p>   | <p><b>27</b><br/>           Turkey Rice Soup<br/>           Chicken Caesar Salad<br/>           Homestyle Meatloaf<br/>           Grilled Pork Chop ♥<br/>           Mashed Potato<br/>           Roasted Vegetables ♥<br/>           Three Bean Salad<br/>           Cream Cheese Brownie</p>           | <p><b>28</b><br/>           Manhattan Clam Chowder<br/>           Fried Breaded Haddock<br/>           Ziti w/ Meat sauce<br/>           Coconut Chicken Breast<br/>           Onion Rings<br/>           Coleslaw<br/>           Asparagus ♥<br/>           Orange Dream Angel Cake</p>   | <p><b>29</b><br/>           Vegetable Garden Soup<br/>           Honey Garlic Meatballs<br/>           Baked Crab Cakes<br/>           Macaroni &amp; Cheese<br/>           Buttered Noodles<br/>           Ambrosia Salad<br/>           Green Beans ♥<br/>           Chocolate Cream Pie</p>   |
| <p><b>30</b><br/>           Split Pea &amp; Ham Soup<br/>           Baked Cheese Lasagna<br/>           Strawberry Sundae</p>  | <p><b>31</b><br/>           Broccoli Cheddar Soup<br/>           Bacon Cheddar Quiche<br/>           Key Lime Pie</p>  |  |   |  |  |  |