

# OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Baked Chicken Breast, Wild Mushrooms, Rosemary Roasted Potatoes, Mixed Greens, Chocolate Chunk Brownie	TUESDAY ◆ NO LUNCH IS SERVED	<b>3</b> Shepard's Pie, Mashed Potatoes, Mixed Vegetables, Tossed Salad, Birthday Cake	<b>4</b> Chicken & Broccoli Fettuccine Alfredo, Caesar Salad, Garlic Bread, Banana, Peach Crisp	<b>5</b> Bratwurst & WW Bun, Sauerkraut, Green Beans, Potato Salad, Mixed Greens, Mixed Fruit, Apple Crisp
<b>8</b> Spinach Manicotti, Marinara Sauce, Cauliflower, Tossed Vegetable Salad, Breadsticks, Carrot Cake		<b>10</b> Chicken Pot Pie Buttermilk Biscuit Green Beans, Tossed Salad, Mixed Fruit, Chocolate Pudding	<b>11</b> Herbed Pork Loin, Baked Potato, California Blend Vegetables, Fruit Parfait	<b>12</b> Trout Almondine, Wild Rice Pilaf, Zucchini & Tomatoes, Creamy Coleslaw, Lemon Bar
<b>15</b> Pot Roast, Mashed Potatoes, Brown Gravy, Green Beans, Apple Crisp		<b>17</b> BBQ Pulled Pork Sandwich, Baked Beans, Applesauce, Macaroni Salad, Key Lime Pie	<b>18</b> Macaroni & Cheese, Broccoli & Carrots, Spinach & Mandarin, Orange Salad, Chocolate Cake	<b>19</b> Shrimp Scampi, Brown Rice, Zucchini & Peppers, Spinach Salad, Tiramisu
<b>22</b> Sweet & Sour Chicken Breast, Brown Rice, Mixed Green Salad, Orange Wedges & Strawberries		<b>24</b> Broccoli & Swiss Quiche, Green Peas, Mixed Greens, Blueberry Cobbler	<b>25</b> Baked Rigatoni & Meat Sauce, Broccoli, Caesar Salad, Garlic Bread, Chocolate Cream Pie	<b>26</b> Maryland Crab Cake, Brown Rice, Mixed Veggies, Waldorf Salad, Mixed Greens, Lemon Bar
<b>29</b> Chicken Piccata, Seasoned Spinach, Brown Rice, Caesar Salad, Small Orange, Peanut Butter Cookie		<b>31</b> French Dip Hoagie, Mashed Potatoes, Italian Mixed Veggies, Salad with Fruit & Nuts, Chocolate Eclair		

Whole grain bread and 2% milk are available at each meal unless otherwise indicated. Reservations are required. Call (970) 429-6161, 24-hours in advance. Please arrive by 12:20 p.m.