



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
Spaghetti & Meat Sauce Marinara Sauce Garlic Bread Italian Vegetables Ranch Style Chicken Breast Rice Pilaf Mexican Chicken Soup Chili & Corn Bread Bar	<u>Halloween Specials</u> <u>"The Carving Station"</u> Marinated Flank Steak Glazed Corned Beef Honey Ham, Turkey Potato Medley ♥Southwestern Chicken Breast Wild Rice Cut Green Beans Turkey Rice Soup Taco & Chicken Fajita Bar	♥ <u>HEART HEALTHY</u> <u>ENTREES</u> ♥			Friday, 10/21 <u>Monthly Recipe Highlight</u> By Susan McDowell <u>Chicken Wild Rice</u> <u>Mushroom Soup</u>	Tri-Tip Beef Red Skin Mashed Potatoes Beef Gravy ♥Oven Browned Tilapia Garden Wild Rice Beef & Vegetable Soup Chicken Breast Bar
2	3	4	5	6	7	8
Homemade Lasagna Meat Sauce Garlic Bread Italian Veggies ♥Chicken Cacciatore Rice Pilaf Pizza Chicken Tortilla Soup Chili & Corn Bread Bar	Buttermilk Baked 1/2 Chicken Mashed Potatoes Country Gravy Mixed Vegetables Cheese Stuffed Shells Marinara Garlic Bread ♥Oven Browned Cod Wild Rice Split Pea & Ham Soup Taco & Chicken Fajita Bar	Kung Pao Shrimp & Scallops Oriental Skirt Steak ♥Lemon Teriyaki Chicken w/ Pineapple Vegetable Egg Rolls Sweet & Sour Sauce Fried Rice Sugar Snap Peas Beef Barley Soup Hot Dog & Chicken Brat Bar	Beef Short Ribs Redskin Mashed Potatoes Beef Gravy Whole Green Beans Ranch Chicken Rice Pilaf ♥Lemon Herb Trout Corn Pizza By The Slice Ham & Lima Bean Soup Shrimp Cocktail Bar	Carved Pork Roast Mashed Potatoes Pork Gravy Fresh Broccoli ♥Chicken w/ Spinach & Feta Wild Rice Chili Lime Tilapia Chicken Rice Soup Oriental Bar	♥Avocado Soy Salmon Jasmine Rice Fresh Asparagus ♥Italian Style Pork Tenderloin Mashed Potatoes Pork Gravy ♥Chicken w/ 40 Cloves Garlic Italian Sausage Soup Hamburger Bar	3 Piece Honey Stung Chicken Mashed Potatoes Country Gravy Mixed Veggies ♥Oven Browned Cod Wild Rice Chicken Noodle Soup Chicken Breast Bar
9	10	11	12	13	14	15
Carved Honey Ham Dijon Sauce Fresh Yams Whole Green Beans ♥Lemon Herb Chicken Rice Pilaf Chicken Vegetable Soup Chili & Corn Bread Bar	<u>Columbus Day</u> Eye Of Round Red Skin Mashed Potatoes Beef Gravy Carrot Slims/Peas ♥Lemon Herb Chicken Wild Rice ♥Oven Browned Orange Roughy Steak & Vegetable Soup Taco, Chicken Fajita Bar	<u>Surf & Turf Special</u> Carved Filet Mignon Au Jus / Horseradish Twice Baked Potatoes Fresh Broccoli Tempura Shrimp Dipping Sauce / Rice Pilaf ♥Chicken Scallopine Tomato Florentine Soup Hot Dog & Chicken Brat Bar	Huli-Huli Fired Braised St. Louis Ribs Scalloped Potatoes Fresh Asparagus ♥Chicken Veracruz Wild Rice ♥Oven Browned Barramundi Fish Corn / Pizza By The Slice Wisconsin Cheddar Soup Shrimp Cocktail Bar	Chicken Enchiladas Tamales w/ Chili Chile Rellenos Chicken Taquitos Spanish Rice Mauris Frijoles Mixed Veggies Pork Barley Soup Oriental Bar	♥Salmon w/ Apricot Glaze Rice Pilaf Fresh Zucchini Masala Pork Chops Mashed Potatoes Pork Gravy Mauris Albondigas ♥Chicken Picante Clam Chowder Soup Hamburger Bar	Coffee Beef Short Ribs Beef Gravy Mashed Potatoes Whole Green Beans ♥Salmon Seattle Wild Rice Beef Barley Soup Chicken Breast Bar
16	17	18	19	20	21	22
Oriental Baby Back Ribs ♥Lemon Teriyaki Chicken w/ Pineapple Vegetable Egg Rolls Sweet & Sour Sauce Fried Rice Sugar Snap Peas Corn Chowder Chili & Corn Bread Bar	<u>Surf & Turf Special</u> Rib Eye Cab Steaks Mushroom & Onion Fingerling Potatoes Fresh Asparagus Shrimp Chipotle Cream Sauce Saffron Cilantro Rice ♥Chicken Masala Sausage & Lentil Soup Taco, Chicken Fajita Bar	♥Roast Turkey Bread Dressing Mashed Potatoes Turkey Gravy / Beef Gravy Chipotle Short Ribs Cut Green Beans ♥Oven Browned Sea Bass Jasmine Rice Louisiana Gumbo Hot Dog & Chicken Brat Bar	♥Salmon & Fettuccine Alfredo California Veggies Austin Blues Smoked Beef Brisket Mashed Potatoes / Beef Gravy Chicken & Mushroom Balsamic Vinegar Pizza by The Slice Minestrone Soup Shrimp Cocktail Bar	Carved Tri-Tip Beef Red Skin Mashed Potatoes Beef Gravy Fresh Broccoli ♥Chicken w / Avocado Corn Salsa Rice Pilaf ♥Tilapia Topped w/ Spinach & Cheese Corn Chicken Tortilla Soup Oriental Bar	Barramundi Fish w/ Pine Nuts & Parmesan Garden Wild Rice California Vegetables ♥Chipotle Pork Tenderloin ♥Mustard Thyme Grilled Chicken <u>Monthly Recipe Highlight</u> <u>By Susan McDowell -</u> <u>Chicken Wild Rice Mushroom Soup</u> Hamburger Bar	<u>Surf & Turf Special</u> Carved Filet Mignon Au Jus/ Horseradish Scalloped Potatoes Fresh Asparagus Crab Cakes Red Pepper Aioli Wild Rice / Pizza Chicken Rice Soup Chicken Breast Bar
23	24	25	26	27	28	29
Beef Stroganoff Bow Tie Pasta Fresh Broccoli Tortilla Lime Chicken Saffron Cilantro Rice Chicken Lentil Soup Chili & Corn Bread Bar	3 Piece Honey Stung Baked Chicken Mashed Potatoes Country Gravy Mixed Veggies Beef Stroganoff Rorelle Pasta ♥Oven Browned Red Snapper Chicken Noodle Soup Taco, Chicken Fajita Bar	Spaghetti w/ Meat or Marinara Sauce Garlic Bread Italian Veggies ♥Chicken w/ Sage & Cremini Mushrooms Wild Rice ♥Cajun Style Trout Lentil & Kielbasa Stew Hot Dog & Chicken Brat Bar	Molasses Flank Steak Au Gratin Potatoes California Veggies Chicken California Rice Pilaf Pecan Crusted Tilapia Peas / Pizza By The Slice Mauri's Posole Shrimp Cocktail Bar	<u>Surf & Turf Special</u> Carved Prime Rib Au Jus / Horseradish Roasted Herb Potatoes / Fresh Broccoli <u>New-Alaskan Beer Brewed Shrimp</u> Cocktail Sauce Garden Wild Rice ♥Chicken w/ Olive oil Chicken Barley soup	♥Salmon w/ Chipotle Cream Sauce Saffron Cilantro Rice Whole Green Beans Chilled Flank Steak Mashed Potatoes / Beef Gravy ♥Chicken Cumin & Guacamole Corn Bacon & Chicken Chowder Soup Hamburger Bar	Carne Asada Ranchera Chicken Taquitos Chile Rellenos Spanish Rice Spanish Sauce Refried Beans Split Pea & Ham Soup Chicken Breast Bar

