# OCTOBER 25TH – OCTOBER 31ST

| | SUNDAY 25TH | MONDAY 26TH | TUESDAY 27TH | WEDNESDAY 28TH | THURSDAY 29th | FRIDAY 30th | SATURDAY 31st |
|---|---|---|---|---|---|---|---|
| BREAKFAST | EGGS YOUR WAY<br>WAFFLES<br>PANCAKES<br>SAUSAGE<br>OATMEAL<br>COLD CEREAL<br>TOAST<br>PASTRY<br>FRUIT | EGGS YOUR WAY<br>WAFFLES<br>PANCAKES<br>SAUSAGE/BACON<br>OATMEAL<br>COLD CEREAL<br>TOAST<br>PASTRY<br>FRUIT | EGGS YOUR WAY<br>WAFFLES<br>PANCAKES<br>SAUSAGE<br>OATMEAL<br>COLD CEREAL<br>TOAST<br>PASTRY<br>FRUIT | EGGS YOUR WAY<br>WAFFLES<br>PANCAKES<br>SAUSAGE/BACON<br>OATMEAL<br>COLD CEREAL<br>TOAST<br>PASTRY<br>FRUIT | EGGS YOUR WAY<br>WAFFLES<br>PANCAKES<br>SAUSAGE<br>OATMEAL<br>COLD CEREAL<br>TOAST<br>PASTRY<br>FRUIT | EGGS YOUR WAY<br>WAFFLES<br>PANCAKES<br>SAUSAGE/BACON<br>OATMEAL<br>COLD CEREAL<br>TOAST<br>PASTRY<br>FRUIT | EGGS YOUR WAY<br>WAFFLES<br>PANCAKES<br>SAUSAGE<br>OATMEAL<br>COLD CEREAL<br>TOAST<br>PASTRY<br>FRUIT |
| LUNCH | ROASTED CHICKEN<br>MASH POTOES W/ GRAVY<br>COUNTRY TRIO<br>STRAWBERRY RHUBARB PIE<br><br>ALTERNATE ITEMS:<br>MACARONI AND BEEF<br>YAMS<br><br>ANYTIME MENU OPTION | *HM TURKEY TETRAZINNI<br>BUTTERED PEAS<br>DINNER ROLL<br>CHERRY STRUDEL BITES<br><br>ALTERNATE ITEMS:<br>MEATBALLS W/ MARINARA<br>CABBAGE<br><br>ANYTIME MENU OPTION | BEEF SALISBURY STEAK<br>MAC AND CHEESE<br>CORN<br>CHEESECAKE<br><br>ALTERNATE ITEMS<br>PORK FRITTER<br>CARROTS<br><br>ANYTIME MENU OPTION | BRAT ON A BUN<br>BAKED BEANS<br>CUCUMBER AND ONION SALAD<br>BANANA BREAD<br><br>ALTERNATE ITEMS:<br>CHICKEN ALFREDO<br>RED CABBAGE<br><br>ANYTIME MENU OPTION | ROAST BEEF W/GRAVY<br>REDSKIN MASH POTATO<br>GREEN BEANS<br>STRAWBERRY JELLO POKE CAKE<br><br>ALTERNATE ITEMS:<br>SHRIMP<br>MIXED VEG<br><br>ANYTIME MENU OPTION | GRILLED SALMON<br>LEMON SLICE<br>WILD RICE<br>SUNSHINE CARROT<br>DUTCH APPLE PIE<br><br>ALTERNATE ITEMS:<br>MACARONI & BEEF<br>PEAS<br><br>ANYTIME MENU OPTION | *HM LASAGNA<br>BROCCOLI<br>GARLIC BREAD<br>SNICKERDOODLE COOKIE<br><br>ALTERNATE ITEMS:<br>PORK RIBLET<br>WAX BEANS<br><br>ANYTIME MENU OPTION |
| DINNER | *HM HEARTY BEEF STEW<br>HONEY CORNBREAD<br>STRAWBERRY ICE CREAM CUP<br><br>ALTERNATE ITEMS:<br>SOUP & SANDWICH<br>SIDE SALAD<br><br>ANYTIME MENU OPTION | TUNA SALAD SANDWICH ON WHEAT BERRY<br>SOUR CREAM AND ONION CHIPS<br>FRUIT COCKTAIL<br><br>ALTERNATE ITEMS:<br>SOUP & SANDWICH<br>SIDE SALAD<br><br>ANYTIME MENU OPTION | *HM SCALLOPED POTATOES & HAM ON LETTUCE BED<br>CORN<br>SMORE'S PUDDING<br><br>ALTERNATE ITEMS:<br>SOUP & SANDWICH<br>SIDE SALAD<br><br>ANYTIME MENU OPTION | *HM SAVORY TURKEY POT PIE SOUP<br>BUTTERMILK BISCUIT<br>PEACHES<br><br>ALTERNATE ITEMS:<br>SOUP & SANDWICH<br>SIDE SALAD<br><br>ANYTIME MENU OPTION | CHEESY CHICKEN TORTILLA SOUP<br>COTTAGE CHEESE<br>FRUITED JELLO<br><br>ALTERNATE ITEMS<br>SOUP & SANDWICH<br>SIDE SALAD<br><br>ANYTIME MENU OPTION | PORK ON BUN<br>BBQ SAUCE<br>COLESLAW<br>PICKLE CHIPS<br>PUSHUP<br><br>ALTERNATE ITEMS:<br>SOUP & SANDWICH<br>SIDE SALAD<br><br>ANYTIME MENU OPTION | DELI CHICKEN SANDWICH<br>LETTUCE/TOMATO<br>SUNCHIPS<br>CRANBERRY FLUFF<br><br>ALTERNATE ITEMS:<br>SOUP & SANDWICH<br>SIDE SALAD<br><br>ANYTIME MENU OPTION |

MENU SUBJECT TO CHANGE  *HM: HOMEMADE  AVERAGE DAILY MENU: 2-4 gm SODIUM/DAY  45-60 gm CARBS/MEAL