

## MENU

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Corn Chowder	2 Cheesy Chicken & Rice with Veggies	3 Hamburger Hashbrown Casserole	4 Cheese & Spinach Egg Cups and Fuit
7 Veggie Chili	8 Tuna Sandwiches & Cucumber Slices	9 Spaghetti & Meat Sauce	10 Mexican Rice Casserole	11 Chicken, Mashies Potatoes, Stuffing & Vegetables
14 HAPPY THANKSGIVING CENTER CLOSED	15 Sloppy Joes & Carrot Sticks	16 Tuna Noodle Casserole	17 French Toast & Fruit	18 Chicken Stir Fry
21 Meatballs, Rice & Veggies	22 Taco Bake	23 Peanut Butter Sandwiches & Bananas	24 Chicken Broccoli Alfredo	25 Grilled Cheese & Apple Slices
28 Three Cheese Tortellini	29 Chicken Noodle Soup	30 Chicken Salad Wraps & Cucumbers	31 Mummy Pizzas & Halloween Treat	

**All meals come with a glass of 2% milk or dairy alternative of your choice.**