

October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Port 'n' Beans Coleslaw Cornbread Cookie	
3	4	5	6	7	8	9
Italian Marinated Chicken Buttered Noodles Seasoned Broccoli Fruit Salad	Beefy Mac Peas & Carrots Jell-O	Chicken & Sausage Jambalaya w/veg Rice Apple Crisp	Beef Florentine Lasagna Cauli blend veggies Mixed cut fruit	Blackened Cream Fish Parmesan Risotto Roasted Veg Blend Danish		
10	11	12	13	14	15	16
Chick fill a Sandwich Roasted Potatoes Cali Veg Mandarin Oranges	Teriyaki Pork Loih Pinto beans Broccoli Sugar Cookie	Chicken Parmesan Rice Pilaf Roasted Zucchini Fruit Salad	Southern Chicken & Gravy Succotash Seasoned Greens Ice Cream	Pot Roast w. carrots & onions Creamed potatoes Peaches w/whipped cream		
17	18	19	20	21	22	23
BBQ Chicken Mac n' Cheese Greens Banana Pudding	Shrimp/seafood Alfredo French Green Beans Lemon Bar	Hamburger Steak w. onions & brown gravy Mashed Potatoes Lima Beans Stewed Apples	Ham and Cheese Quiche Roasted Potatoes Spinach Coffee Cake	Chili w/ Ground Turkey Green beans Corn Bread Fruit Salad		
24	25	26	27	28	29	30
Creamy Tuscan Chicken w/spinach and tomatoes Pasta Fruit Salad	Chopped BBQ Pork (extra sauce) Roasted Sweet Potato Coleslaw Rice Krispy Treats	Chicken and Rice Casserole Broccoli Fruit Salad	S&S Turkey Meatloaf Mashed potatoes w. gravy Green Beans Ambrosia	Chicken Pot Pie California Veg Pears		
31	1	Notes				