

OCTOBER 2020 MENU

	SHORT ORDER			DAILY SPECIAL
DATE	LUNCH	DINNER		
Thursday 1 Oct Day 18	Hungarian Goulash Chicken Florentine* Grilled Bratwurst	Herb Baked Chicken Pepper Steak Creole Shrimp	Tossed Salad Assorted Pasty	Cuban Midnight Sandwich Turkey Garden Sandwich
Friday 2 Oct Day 19	Hot and Spicy Chicken * Polynesian Fillet Quick & Easy Chow Mien *	Roast Turkey * Baked Fish w/ Lemon Garlic Butter * Teriyaki Pork Steak	Tossed Salad Assorted Pasty	Chicken BLT Wrap W/ Aioli Garden Fresh Tuna Wrap
Saturday 3 Oct Day 20	Honey Ginger Chicken * Polish Sausage Cheese Manicotti *	Pasta Primavera * Country Style Fried Steak Roast Turkey	Tossed Salad Assorted Pasty	BBQ Beef Sandwich Chicken Philly
Sunday 4 Oct Day 21	Beef Fajita Pork Chop w/Pineapple Asian Glaze Parmesan Crusted Cod*	Chicken Parmesan * Sweet Chili BBQ Meatball Cajun Baked Fish	Tossed Salad Assorted Pasty	Open-Face Chicken Caprese Sandwich Beef Philly Mozzarella Cheese Stick
Monday 5 Oct Day 22	Basil Baked Fish * Ranchero Steak Baked Turkey & Noodles	Fish Veracruz Pasta Toscana * Chicken Enchiladas	Tossed Salad Assorted Pasty	Hot Italian Sausage Sandwich El-Pollo Pesto Sandwich
Tuesday 6 Oct Day 23	Shrimp Jambalaya Baked Dijon Pork Chop* Southern Fried Chicken	Basil Bake Fish* Beef Bulgogi Stir Fried Garden Vegetable w/Marinated Tofu & Brown Rice*	Tossed Salad Assorted Pasty	Chicken BLT Wrap w/ Aioli Cannonball Sandwich
Wednesday 7 Oct Day 24	Cheese Tortellini w/ Marinara Sauce * Turkey Breast Fillet BBQ Spareribs	Spicy Chicken Shawarma Mediterranean Quinoa Cake* Baked Salmon	Tossed Salad Assorted Pasty	BBQ Pork Sandwich BLT Sandwich
Thursday 8 Oct Day 25	Fried Catfish Cajun Chicken Stuffed Green Pepper	Turkey meat Loaf * Pork Roast Tenderloin Swiss Steak w/ Br. Gravy	Tossed Salad Assorted Pasty	Southwestern Chicken Warp Turkey Fresco Panini Mozzarella Cheese Stick
Friday 9 Oct Day 26	Roast Turkey * Lasagna Grilled Salmon w/ Citrus Butter	BBQ Chicken * Beef Yakisoba Lemon Baked Fish*	Tossed Salad Assorted Pasty	BBQ Pork Patty Fishwich Cheese
Saturday 10 Oct Day 27	Baked Chicken* Ground Beef Enchiladas Lemon Basil Shrimp Pasta	Chicken Fajita* Spaghetti & Meat Sauce Zesty Pork Chop	Tossed Salad Assorted Pasty	Chicken Patty Tuna Fish Garden Salad
Sunday 11 Oct Day 28	Roast Turkey* Eggplant Parmesan Braised Beef & Noodles	Shrimp Stir Fry Turkey meat Loaf * Braised Spareribs	Tossed Salad Assorted Pasty	Monte Cristo Sandwich Beef Philly

Monday 12 Oct Day 1	Barley & Spinach Stew * Basil Baked Fish Grilled Steak	Spaghetti & Turkey Meat Sauce * Stuffed Bake Pork Chop Southwestern Sweet Potatoes Black Bean & Corn*	Tossed Salad Assorted Pasty	Chicken Garden Fresh Wrap Beef Sloppy Joe
Tuesday 13 Oct Day 2	Spinach Lasagna Fish w/Southwest Salsa* Savory Baked Chicken	Honey Mustard Chicken Breast* Beef Fajitas Hot Italian Sausage	Tossed Salad Assorted Pasty	Southwestern Chicken Wrap BLT Sandwich
Wednesday 14 Oct Day 3	Beef & Corn Pie Caribbean Catfish * Lemon Pepper Baked Chicken	Grilled Sirach Chicken* Shrimp Scampi Mexican Pork Chop	Tossed Salad Assorted Pasty	Grilled Beef & Provolone Cheese Sandwich BBQ Pork Sandwich
Thursday 15 Oct Day 4	Teriyaki Chicken* Pork Adobo Shrimp Stir Fry	Stir Fry Chicken & Broccoli * Cheese Manicotti* BBQ Beef Cube/	Tossed Salad Assorted Pasty	Southwestern Chicken Wrap Mozzarella Cheese Stick Cuba Midnight Sandwich Turkey Garden Sandwich
Friday 16 Oct Day 5	Pepper Steak Baked Fish w/Lemon Garlic Butter * Chicken Nuggets	Chicken Cacciatore* Stuff Baked Fish Lasagna	Tossed Salad Assorted Pasty	BLT Warp w/Aioli Garden Fresh Tuna Wrap
Saturday 17 Oct Day 6	Parmesan Fish* Zesty Pork Chop Santa Fe Glaze Chicken	Broccoli Quiche * Roast Beef Stuffed Green Pepper	Tossed Salad Assorted Pasty	BBQ Beef Sandwich Chicken Philly
Sunday 18 Oct Day 7	Swiss Steak Baked Salmon * Bourbon Chicken	BBQ Brisket Grilled Pork Chop Roast Turkey*	Tossed Salad Assorted Pasty	Open Face Chicken Caprese Beef Philly Mozzarella Cheese Stick
Monday 19 Oct Day 8	Creole Fish Fillet Pasto Toscana Braised Spareribs	Cajun Chicken * Beef Stew Marinated Tomato w/Penne & Basil	Tossed Salad Assorted Pasty	Cannonball Sandwich EL Pollo Pesto Sandwich
Tuesday 20 Oct Day 9	Mediterrear Quinoa Cake* Crispy Oven Baked Chicken Beef Bulgogi	Baked Turkey Meat Loaf * Sweet & Spicy Orange Salmon * Braised Beef & Noodles	Tossed Salad Assorted Pasty	Hot Italian Sausage Sandwich BBQ Pork Sandwich
Wednesday 21 Oct Day 10	Chicken Breast Dijon * Stir Fried Garden Vegetable w/ Marinated Tofu & Brown Rice* Pineapple BBG Meatballs	Ground Turkey Lasagna * Yankee Pot Roast Fish Lemon & Onion Baked*	Tossed Salad Assorted Pasty	Cuba Midnight Sandwich Mushroom Tofu Vegetable Sandwich

Thursday 22 Oct Day 11	Greek lemon Turkey Pasta* Stuffed Green Pepper Mediterranean Salmon* Honey Ginger Chicken * Shrimp Scampi BBQ Sparerib BBQ Pork Spareribss Fruit Salad Carrot Salad Pasta Bar Open Face Chicken Caprese Mozzarella Cheese Stick	Honey Ginger Chicken* Tuna & Noodles Cantonese Spareribs	Tossed Salad Assorted Pasty	Southwestern Chicken Warp Turkey Fresco Panini Mozzarella Cheese Stick
Friday 23 Oct Day 12	Marinated Tomatoes w/ Penne and Basil * Parmesan Cod Grilled Mustard Chicken	Chili Mac * Oven Fried Fish Baked Chicken	Tossed Salad Assorted Pasty	BBQ Pork Patty Fishwich Cheese Mozzarella Cheese Stick
Saturday 24 Oct Day 13	Fish Lemon Baked* BBQ Beef Cube Chicken Parmesan	Beef Stir Fry Salmon w/Maple Ginger Glaze Chicken Bulgogi *	Tossed Salad Assorted Pasty	Chicken patty Sandwich Shrimp Salad Pita Mozzarella Cheese Stick
Sunday 25 Oct Day 14	Beef ball Stroganoff Spaghetti w/Turkey Meat Sauce Orange Rosemary Honey Glaze Pork Chop	Bourbon Chicken * Baked Dejon Pork Chop Shrimp Jambalaya	Tossed Salad Assorted Pasty	Monte Cristo Sandwich Tuna Fish Garden Salad Mozzarella Cheese Stick
Monday 26 Oct Day 15	Cranberry Glazed Chicken* Hamburger Yakisoba Orzo w/ Spinach, Onion & Tomatoes	Caribbean Chicken Brest* Meat Loaf Eggplant Parmesan *	Tossed Salad Assorted Pasty	Garden Fresh Chicken Warp Beef Philly Mozzarella Cheese Stick
Tuesday 27 Oct Day 16	Swedish Turkey Meatballs* Fish Veracruz Grilled Pork Chop	Baked Cod* Cheese Tortellini w/ Marinara Sauce* Mr. Z Baked Chicken	Tossed Salad Assorted Pasty	BLT Sandwich Chicken Philly Mozzarella Cheese Stick
Wednesday 28 Oct Day 17	Beef Pot Pie Lemon Pepper Fish* Chicken & Broccoli Stir Fry	Savory Baked Chicken Almond Crusted Cod * Grilled Steak	Tossed Salad Assorted Pasty	Grilled Beef & Provolone BBQ Beef Sandwich
Thursday 29 Oct Day 18	Hungarian Goulash Chicken Florentine* Grilled Bratwurst	Herb Baked Chicken Pepper Steak Creole Shrimp	Tossed Salad Assorted Pasty	Cuban Midnight Sandwich Turkey Garden Sandwich
Friday 30 Oct Day 19	Hot and Spicy Chicken * Polynesian Fillet Quick & Easy Chow Mien *	Roast Turkey * Baked Fish w/ Lemon Garlic Butter * Teriyaki Pork Steak	Tossed Salad Assorted Pasty	Chicken BLT Wrap W/ Aioli Garden Fresh Tuna Wrap
Saturday 31 Oct Day 20	Honey Ginger Chicken * Polish Sausage Cheese Manicotti *	Pasta Primavera * Country Style Fried Steak Roast Turkey	Tossed Salad Assorted Pasty	BBQ Beef Sandwich Chicken Philly

MENU SUBJECT TO CHANGE WITHOUT NOTICE

(*) DENOTES CHECK-IT-OUT (HEALTHY HEART)

