

# October

## COA

269-279-8083

Or

1-800-641-9899

## Hot Menu

1

Cabbage Rolls  
Brown Rice  
Mixed Vegetables  
Sugar Snap Peas  
Tropical Fruit  
Wheat Bread

2

Country Fried Pork Chop  
Mashed Potatoes  
Normandy Blend  
Vegetables  
Diced Beets  
Apples Slices  
Cornbread

3

Turkey Pot Roast  
Au Gratin Potatoes  
Midori Blend Vegetables  
Dilled Carrots  
Pineapple  
Dinner Roll

4

Chicken Cornbread Bake  
Green Bean Almondine  
Nantucket Blend  
Vegetables  
Mandarin Oranges  
Muffin

7

Pork Fritter  
Scalloped Potatoes  
European Blend Veggies  
Mango  
Hamburger Bun

8

Turkey Shepherd's Pie  
Mashed Potatoes  
Winter Blend Vegetables  
Mixed Fruit  
Dinner Roll

9

Carolina Chicken Bog  
Black Eyed Peas  
Zucchini & Tomatoes  
Peaches  
Cornbread

10

Creamy Baked Fish  
Rice Pilaf  
Key West Blend Veggies  
Creamy Peas & Red  
Peppers  
Pears  
Wheat Bread

11

Chicken Salad Sandwich  
Coleslaw  
Fresh Veggies & Dip  
Apple Slices

14

Sweet n Sour Meatballs  
Buttered Noodles  
Peas & Carrots  
Wax Beans  
Tropical Fruit  
Dinner Roll

15

Italian Sausage w/ Broccoli  
Penne Pasta  
Yellow Squash with Onions  
Pineapple  
Muffin

16

Taco Pie  
Pinto Beans  
Mixed Vegetables  
Grapes

17

Chicken Ratatouille  
Brown Rice  
Asparagus  
Applesauce  
Cornbread

18

Beef Tater Tot Bake  
Capri Blend Vegetables  
Sugar Snap Peas  
Mango  
Wheat Bread

21

BBQ Pulled Chicken  
Hamburger Bun  
Baked Beans  
Au Gratin Potatoes  
Mixed Fruit

22

Citrus Dill Cod  
Onion Roasted Potatoes  
Caribbean Blend  
Vegetables  
Mandarin Oranges  
Dinner Roll

23

Unstuffed Peppers  
Brown Rice  
Normandy Blend Veggies  
Green Beans  
Tropical Fruit  
Muffin

24

Honey Mustard Pork  
Tenderloin  
Corn Bread Stuffing  
Midori Blend Vegetables  
Carrots  
Peaches

25

Kentucky Hot Brown  
Mashed Potatoes  
Sicilian Blend Vegetables  
Broccoli  
Applesauce  
Wheat Bread

28

Beef Pepper Patty  
Sweet Potatoes  
Zucchini & Tomatoes  
Asparagus  
Mango  
Cornbread

29

Creamed Chicken  
Brown Rice  
Roasted Brussel Sprouts  
Peas & Carrots  
Pears  
Wheat Bread

30

Turkey Meatloaf  
Red Bliss Potatoes  
Key West Blend Veggies  
Cheesy Cauliflower  
Mandarin Oranges  
Muffin

31

Garlic Parmesan Chicken  
over Penne Pasta  
Southern Green Beans  
Collard Greens  
Pineapple  
Dinner Roll

