

October 2023

1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
	Roast Pork Tenderloin, Mashed Potatoes and Vegetables	Marzetti Salad and Breadstick	Cream Chicken and Biscuits	Grilled White Fish, Rice and Vegetables	Beef and Noodles, Mashed Potatoes and Vegetables	
8	9 Cajun Chicken, Rice and Ranch Beans, Shredded Salad	10 Liver and Onions, Mashed Potatoes	11 Stuffed Shells	12 Beef Burrito, Spanish Rice, and Refried Beans	13 Cabbage Rolls and Mashed Potatoes	14
15	16 Mushroom Swiss Burger and Fresh Cut Fries	17 Baked Steak, Mashed Potatoes and Vegetables	18 Chicken Alfredo	19 Zuppa, Salad or Sandwich	20 Fried Perch, Fries and Slaw	21
22	23 Ham Steak, Au Graton Potatoes and Apple Sauce	24 BBQ Ribs, Mac & Cheese	25 Stuffed Peppers, Mashed Potatoes	26 Salsberry Steak, Mashed Potatoes and Vegetables	27 Chicken and Noodles, Mashed Potatoes and Vegetables	28
29	30 Beef Fajita, Rice, and Refried beans	31 Country Fried Chicken and Gravy, Mashed Corn				Menu is Subject to Change