

3 Tomato Florentine Soup W/ Crackers Swedish Meatballs Egg Noodles Whole Wheat Bread Pineapple HDM: Carrots	4 Baked Fish W/ Dill Sauce Sweet Potatoes Brussel Sprouts Rye Bread Cinnamon Apple Muffin Diet: Cinnamon Apple Grahams	5 Stuffed Shells w/ Tomato Sauce Spinach (Green Beans) Italian Bread Chocolate Pudding Diet: Chocolate Pudding	6 Three C Soup W/ Crackers Baked Chicken W/ Apricot Glaze Mashed Potatoes Rye Bread Pears HDM: Peas	7 Broccoli Bake Stewed Tomatoes (Corn) Whole Wheat Bread Peaches
10 HOLIDAY COLUMBUS DAY	11 Beef Stew Green Beans Whole Wheat Bread Lemon Graham Cookie (Diced Potato)	12 Split Pea Soup W/ Crackers Baked Chicken w/ Lemon Mustard Sauce Brown Rice Rye Bread Fresh Fruit w/ C HDM: Peas	13 Ground Beef Burgundy Mashed Potatoes Carrots Dinner Roll Banana Pudding Diet: SF Banana Pudding	14 Chicken Tetrazini Penne Pasta Italian Bread Italian Green Beans Mandarin Oranges
17 Chickpea Tomato Soup W/ Crackers Meatloaf W/ Gravy Mashed Potatoes Whole Wheat Bread Mixed Fruit HDM: Carrots	18 Roast Chicken W/ BBQ Sauce Red Bliss Potatoes California Blend Rye Bread Applesauce	19 Corn Chowder W/ Crackers Deli Ham Cole Slaw Whole Wheat (2) Peaches HDM: Corn and Black Bean Salad	20 Chicken Parmesan W/ Tomato Sauce Ziti Brussel Sprouts Italian Bread Orange Artic Ice Diet: Butterscotch Pudding	21 Roast Turkey W/ Gravy Mashed Potatoes Mixed Vegetables Rye Bread Blueberry Muffin Diet: Blueberry Grahams
24 Roast Chicken W/ Coq au Vin sauce Sweet Potato and Apple Bake Green Beans Whole Wheat Bread Pineapple	25 Portuguese Kale Soup Baked Fish w/ Herb sauce Mashed Potatoes Rye Bread Vanilla Pudding Diet: SF Vanilla Pudding HDM: Spinach/Kale	26 Diced Chicken W/ Alfredo Sauce Penne Zucchini/Red Peppers Whole Wheat Bread Fresh Fruit w/ C	27 SPECIAL Butternut Squash Bisque W/ Crackers Maple Roast Pork Cauliflower Dinner Roll Apple Crisp Topping HDM: Butternut Squash	28 American Chop Suey Italian Green Beans (Mixed veg) Italian Bread Fruited Gelatin Diet: Fruited Gelatin
31 Gypsy Soup W/ Crackers Pot Roast W/ Onion Gravy Mashed Potatoes Whole Wheat Bread Cinnamon Apple Muffin Diet: Cinnamon Apple Graham HDM: Mixed Veg	1 Cheese Lasagna W/ Tomato Sauce Italian Green Beans Italian Bread Pineapple HDM: Carrots	2 Tomato Cabbage Soup Chicken w/ Orange Sauce Brown Rice Rye Bread Pears HDM: Spinach	3 Shepherds Pie Mashed Potato Carrots Whole Wheat Bread Peaches	4 Meatballs w/ sauce, onions and Peppers Mexicali Corn Mini Sub roll Tapioca Pudding Diet: SF Tapioca Pudding