



# Menu OCTOBER 2021

**Menu Key**  
 \* Vitamin A Source  
 + Vitamin C Source  
 # High Salt  
 @ Spicy  
 NM No Meat, made with vegetable base  
 \*\* Menu has changed since first print

## October 1

Baked Ham with Cranberry & Pineapple Sauce, Seasoned Potatoes, Cauliflower & Peas, Wheat Roll

October 4	October 5	October 6	October 7	October 8
V - Lentil Stew over Brown Rice, California Blend Vegetables, Wheat Roll	Baked Turkey with Herb Gravy, Classic Stuffing, Seasoned Broccoli, Wheat Roll	Kung Pao Pork, Seasoned Brown Rice, Cauliflower & Broccoli	Chicken with Rosemary Sauce, Seasoned Red Potatoes, Seasoned Carrots	Pot Roast, Mashed Potatoes with Gravy, Broccoli & Carrots
October 11	October 12	October 13	October 14	October 15
V - Tuscan Bean Stew with Tofu, Brown Rice, Broccoli & Red Bell Peppers	BBQ Chicken, Baked Beans, Carrots with Onions, Wheat Roll	Zesty Lasagna (Turkey), Italian Green Beans, Wheat Roll	Chicken Teriyaki, Jasmine Rice, Stir Fried Vegetables	Salisbury Steak with Mushroom Gravy, Garlic Mashed Potatoes, Broccoli & Carrots
October 18	October 19	October 20	October 21	October 22
V - Vegetable Lasagna (Cheese, Mushroom, Spinach, Onion, Bell Pepper) Seasoned Green BeansV	Chicken Cacciatore, Garlic & Herb Pasta, Broccoli & Cauliflower	Pork Carnitas, Spanish Rice, Bell Peppers with Onions	Beef Stew, Seasoned Brown Rice, Green Beans	Chicken & Cheese Enchilada with Green Sauce, Baked Beans, Bell Peppers with Onions
October 25	October 26	October 27	October 28	October 29
V - Three Cheese Pasta Bake, Broccoli & Cauliflower	Spaghetti with Meat Sauce (Beef), Green Beans with Onions, Wheat Roll	Brown Sugar Chicken, Seasoned Potatoes, Carrots & Bell Peppers	Three Cheese Ham & Pasta Bake, Seasoned Green Beans	Beef Stroganoff over Pasta, Broccoli & Carrots



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November 1	November 2	November 3	November 4	November 5
V - Cheese Enchilada Casserole, Refried Beans, Spanish Rice, Carrots with Onions	Chicken Marsala, Roasted Potatoes, Broccoli	Homestyle Meatloaf, Mashed Potatoes with Gravy, Carrots and Cauliflower	Szechuan Pork, Fluffy Brown Rice, Normandy Vegetable Blend	Chicken and Zucchini Alfredo Over Pasta, Broccoli and Cauliflower
November 8	November 9	November 10	November 11	November 12
V - Tuscan Bean Stew with Tofu, Brown Rice, Broccoli and Red Bell Peppers, Wheat Roll	Baked Ham with Cranberry-Pineapple Sauce, Seasoned Potatoes, Peas and Carrots, Wheat Roll	Bell Pepper Casserole (Ground Beef) with Rice, Normandy Vegetable Blend	<b>CLOSED</b>	Spaghetti with Zesty Meat Sauce (Turkey), Italian Green Beans with Onions
November 15	November 16	November 17	November 18	November 19
V - Chile Relleno Casserole, Black Beans, Spanish Rice, Seasonal Vegetables	Beef Stew, Seasoned Green Beans, Wheat Roll	Chicken Jambalaya, Classic Rice, Broccoli and Cauliflower	Pacific Rim Pork Roast, Red Beans and Rice, Seasoned Carrots	Turkey Baked Ziti, Seasoned Carrots and Broccoli
November 22	November 23	November 24	November 25	November 26
V - 3 Bean Chilli, Cornbread, Mixed Vegetables	Chicken Teriyaki Over Rice, Stir Fry Vegetables	Roasted Turkey with Cranberry Sauce, Old Fashioned Stuffing, Green Bean Casserole, Wheat Roll, Holiday Dessert	<b>CLOSED</b>	<b>CLOSED</b>
November 29	November 30			
V - Gerardo's Santa Fe Macaroni and Cheese, Seasoned Broccoli	Italian Style Roast Beef, Mashed Potatoes, Capri Vegetable Blend, Wheat Roll			