

# WHAT'S COOKING?

## LUNCH MENUS FOR October 8-November 4, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08	09	10	11	12	13	14
<b>Beef Pot Roast</b> (Macaroni and Cheese) <b>Whipped Potatoes with Gravy</b> <b>Carrots, Celery and Onions</b> (Wax Beans) <b>Coconut Cream Pie</b>	<b>Chicken Provolone</b> (Baked Haddock) <b>Noodles with Alfredo Sauce</b> (Whipped Potatoes) <b>Broccoli Florets</b> (Diced Carrots) <b>Brownie with Chocolate Icing</b>	<b>Chopped Steak w/Sautéed Onions</b> (Turkey Tetrazzini) <b>Creamed Potatoes</b> (Whipped Potatoes) <b>Braised Brussels Sprouts</b> (Green Beans) <b>Orange Sherbet</b>	<u><b>Oktoberfest</b></u> <b>Pork Schnitzel with Lemon Wedge</b> (Scrambled Eggs) <b>Roasted Red Potatoes</b> (Whipped Potatoes w/gravy) <b>Cauliflower with Cheese Sauce</b> (Spinach) <b>Apple Pie</b>	<b>Teriyaki Chicken</b> (Tater Tot Hot Dish) <b>Wild Rice Blend</b> (Whipped Potatoes) <b>Vegetable Stir Fry</b> (Asparagus) <b>Fresh Orange Wedges</b>	<b>Poor Man's Lobster With Drawn Butter</b> (Chicken Breast in Supreme Sauce) <b>Baked Potato With Butter</b> (Whipped Potatoes) <b>Creamy Coleslaw</b> (Pea Salad) <b>Onion Rye Bread</b> <b>Peanut Butter Pie</b>	<b>Savory Meatballs</b> (Turkey Loaf) <b>Whipped Potatoes</b> <b>Creamed Corn</b> (Diced Beets) <b>Pistachio Torte</b>
15	16	17	18	19	20	21
<b>Oven Fried Chicken With Cranberry Sauce Garnish</b> (Beef Roast) <b>French Baked Potato</b> (Whipped Potatoes) <b>Broccoli Florets</b> (Diced Beets) <b>Pineapple Upside-Down Cake</b>	<b>Stuffed Pepper</b> (Baked Haddock/Whipped Potatoes) <b>Shredded Cheese</b> <b>Whole Kernel Corn</b> (Diced Carrots) <b>Butterscotch Pudding</b>	<b>Build Your Own: Hamburger with a Bun</b> (Grilled Chicken Breast) <b>Lettuce, Tomato, Onion, Pickles</b> (2 Bean Salad) <b>Waffle Fries</b> (Potato Salad) <b>Vanilla Ice Cream</b>	<b>Chicken Pot Pie</b> (Chili with Crackers) <b>Broccoli Coleslaw</b> (Pickled Beets) <b>Gingerbread Cake with Lemon Whipped Topping</b>	<b>Veal Parmesan</b> <b>Garlic Parmesan Potatoes</b> (Macaroni and Cheese) <b>Sliced Carrots</b> (Diced Rutabagas) <b>Warm Garlic Roll</b> <b>Éclair Dessert</b>	<b>Baked Haddock with Tartar Sauce</b> (Scrambled Eggs) <b>Baked Potato With Butter</b> (Whipped Potatoes) <b>Cauliflower Salad</b> (Cucumber Salad) <b>Rye Bread</b> <b>Fruity Rainbow Cake</b>	<u><b>Oktoberfest</b></u> <b>Apple Glazed Pork Ribs</b> (Meatloaf) <b>German Potato Salad</b> (Whipped Potatoes) <b>Bavarian Sauerkraut</b> (Wax Beans) <b>Black Forest Mousse</b>
22	23	24	25	26	27	28
<b>Baked Chicken With Cranberry Sauce Garnish</b> (Roast Pork) <b>Whipped Potatoes with Gravy</b> <b>Whole Kernel Corn</b> (Diced Carrots) <b>Peach Pie</b>	<b>Italian Meatballs with Spaghetti</b> (Macaroni and Cheese) <b>Tossed Salad</b> (Pickled Beets) <b>with Creamy Italian Dressing</b> (Diet French Dressing) <b>Garlic Toast</b> <b>Blueberry Fruit Parfait</b>	<b>Hamloaf with Mustard Sauce</b> (Baked Haddock) <b>Au Gratin Potatoes</b> (Whipped Potatoes) <b>Peas and Carrots</b> (Green Bean) <b>Potato Roll</b> <b>Fruit Cocktail</b>	<b>Chop Suey over Steamed Brown Rice</b> (Macaroni and Cheese) <b>Sugar Snap Pea Pods</b> (Asparagus) <b>Chow Mein Noodles</b> <b>Angel Food Cake with Strawberry Topping</b>	<b>Grilled Reuben Sandwich</b> (Turkey Tetrazzini) <b>Waffle Fries</b> (Whipped Potatoes) <b>Creamy Coleslaw</b> (Two Bean Salad) <b>Pickle Spear</b> <b>Butterscotch Ice Cream Sundae</b>	<b>Butterflied Shrimp with Cocktail Sauce</b> (Baked Haddock/Scrambled Eggs) <b>French Baked Potatoes</b> (Whipped Potatoes) <b>Dressed Spinach Salad</b> (Pea Salad) <b>Rye Bread</b> <b>Cinnamon Streusel</b> <b>Coffee Cake</b>	<b>Ham-Stuffed Chicken w/ Swiss Cheese Sauce</b> (Meatloaf) <b>Noodles Romanov</b> (Whipped Potatoes) <b>California Blend Vegetables</b> (Asparagus) <b>Black Forest Bar</b>

<p style="text-align: right;">29</p> <p><b>Roast Pork with Spiced Apple Ring</b> (Roast Beef)</p> <p><b>Fresh Baked Squash</b> (Whipped Potatoes)</p> <p><b>Wax Beans</b> (Spinach)</p> <p><b>Strawberry-Rhubarb Fruit Cup</b></p>	<p style="text-align: right;">30</p> <p><b>Braised Beef Tips and Peppers</b> (Macaroni and Cheese)</p> <p><b>Garlic Mashed Red Potatoes</b></p> <p><b>Tossed Salad</b> (Pickled Beets)</p> <p><b>With French Dressing</b> (Diet Ranch Dressing)</p> <p><b>Warm Garlic Roll</b></p> <p><b>Ranger Cookie</b></p>	<p style="text-align: right;">31</p> <p><b>Lasagna with Tomato Sauce</b> (Turkey Tetrazzini)</p> <p><b>Steamed Zucchini</b> (Diced Carrots)</p> <p><b>Warm Breadstick</b></p> <p><b>Halloween Dirt and Worm Cup</b></p>	<p style="text-align: right;">01</p> <p><b>Memphis Style Pork Ribs</b> (Chicken Filet)</p> <p><b>Cheesy Hashbrowns</b> (Whipped Potatoes)</p> <p><b>Southern Hot Slaw</b> (Wax Beans)</p> <p><b>Sweet Potato Pie</b></p>	<p style="text-align: right;">02</p> <p><b>Open Faced Hot Beef Sandwich</b> (Open Faced Hot Turkey Sandwich)</p> <p><b>Whipped Potato With Beef Gravy</b></p> <p><b>Tossed Salad with French-Bleu Cheese Dressing</b> (Pea Salad)</p> <p><b>Banana Cake</b></p>	<p style="text-align: right;">03</p> <p><b>Grilled Haddock with Tartar Sauce</b> (Meatloaf)</p> <p><b>Baked Potato</b> (Whipped Potatoes)</p> <p><b>Roasted Brussels Sprouts</b> (Asparagus)</p> <p><b>Rye Bread</b></p> <p><b>Raspberry Jell-O with Peaches</b></p>	<p style="text-align: right;">04</p> <p><b>Chicken Breast with Supreme Sauce</b> (Salisbury Steak)</p> <p><b>Steamed Red Potato</b> (Whipped Potatoes)</p> <p><b>Mixed Vegetables</b> (Squash)</p> <p><b>Poppy Seed Cake with Icing</b></p>
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