

## October Menu 2017

Monday				Tuesday			Wednesday			Thursday			Friday		
2 Balsamic Chicken (340) Veggie Rice (90) Broccoli (15) Oat Bread (150) Mixed Fruit (5)				3 Pasta (390) w/Meatballs Zucchini (5) WW Roll (180) M.Oranges (5)			4 Broccoli (215) Cheddar Soup Frittata (180) Potatoes (5) Carrots (65) Yogurt (75), Juice			5 Taco Style Beef (320) Corn (5) Spanish Rice (260) Fresh Fruit (10) Flour Tortilla (170)			6 Baked Fish w/Dill Sauce (370) Mshd Potato (25) Mixed Veg (20) WW Bread (165) Cookie**(100)		
Cal	Carb	Na		Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
800	130	750		775	105	735	895	125	885	855	105	910	565	75	780
<b>Columbus Day No Meal Service</b>				10 Meatloaf(240) Mshd Potato (25) G.Beans (50) Peaches (15) WW Bread (165)			11 Vegetable Beef Soup (65) Cken Salad (100) Pasta Salad (140) Garden Salad (150) Fruit Loaf**(160)			12 Rsted Pork w/Apples (150) Butternut (5) Rsted Potato (5) Roll (180) Pineapple (5)			13 Honey/Lemon Chicken (155) Rice Pilaf (45) Peas (60) MG Bread (150) Fruit (5)		
				Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
				570	85	600	1050	105	975	725	95	500	940	130	565
16 Hot Dog(340) Bked Beans(330) Potato Chips (80) Hot Dog Roll (210) M.Oranges (10)				17 Eggplant Parm* (585) Pasta (20) S.Squash Mix (5) Raisins (5) WW Roll (180)			18 Pumpkin Soup (90) Chef's Salad w/Turkey (590) Potato Salad (100) Bread (150), Fruit			19 <b>Birth</b> day Beef Stew (145) w/Veggies Potatoes (30) D.Roll (180) Bday Cake**(175)			20 Seafood Casserole (575) w/Veggies Herbed Rice (90) WW Bread (165) D.Gelatin (10)		
Cal	Carb	Na		Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
705	100	1120		775	125	930	1060	100	1085	800	110	860	810	85	995
23 Chicken Bruschetta (110) Pasta (20) Spinach (110) Peaches (5) Ital Bread (190)				24 Sausage (420) Peppers/Onions White Rice (5) Green Beans (15) Sub Roll (200) Yogurt (75)			25 Ckn Noodle(120) Cheeseburger (240) Potatoes (5) Beets (50) Burger Roll (200) Chef's Dessert			26 Turkey & Gravy (495) Mshd Potato(25) Peas (60) Pears (10) Dinner Roll(180)			27 Ham & Egg Salad*(700) Broccoli Slaw (140) Pasta Salad (140) Hot Dog Roll (210) Fruit (5)		
Cal	Carb	Na		Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
710	90	590		750	110	990	975	110	960	570	75	840	810	55	1145
30 Pasta w/Meat Sauce (390) Cauliflower (15) Roll (180) Mixed Fruit (5)				31 <b>Special:</b> Pork w/ Blackberry Sauce (250), Carrots(60) Mshd Potato (25) Oat Bread (150) Pumpkin Pie**(400)			<p><i>Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk &amp; margarine.</i></p> <p><i>Sodium (Na): Milligrams noted in parentheses</i></p> <p><i>Milk: 100 cal, 12 carbs and 110 mg sodium</i></p> <p><i>Margarine: 40 cal, 0 carbs and 50mg sodiur.</i></p> <p><i>*High sodium item (&gt;500mg )</i></p> <p><i>Shading = higher sodium meal (&gt;1200mg)</i></p> <p><i>**Lower Carbohydrate Dessert available</i></p>								
Cal	Carb	Na		Cal	Carb	Na									
545	70	685		1040	125	1040									
<b>Menu Subject to Change Without Notice</b>															

