

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked Potato w/ (1.5)	Herb Baked Chicken	Hamburger on Bun (1.5)	Chicken Enchilada (1)	Breakfast Casserole (.5)
Turkey Ham	Baked Squash (1.5)	Lettuce & Tomato	Fiesta Corn (1)	Hashbrown Square (1)
Cheese Sauce	Peas (1)	Tator Tots 1	Mexican Rice (1)	Carrot Slices
Broccoli Cuts	Mandarin Oranges (1)	Coleslaw (.5)	Creamy Fruit Salad (1)	Strawberries (1)
Banana (2)	Spice Cake w/ Frosting (1.5)	Apple (1)	Oatmeal Cookie (1)	Bran Muffin (1)
Brownie (1.5)				
8	9	10	11	12
Lemon Fish	Spaghetti w/ Meat Sauce (2.5)	Cook's Choice	Ham & Bean Soup (.5)	Chicken & Noodles (1.5)
Rice Pilaf (1)	Lettuce Salad	Tator Tot Casserole	Stewed Tomatoes (.5)	Mashed Potatoes (1)
Capri Vegetables	Mixed Fruit (1)	Corn	Tropical Fruit (1)	Green Beans (.5)
Fruited Cabbage Salad (2)	Gingersnap Cookie (1)	Orange	Fruited Yogurt (1.5)	Beets Harvard (1.5)
Butterscotch Pudding (.5)	Roll (1)	Cheese Cake	Corn Bread (1)	Ambrosia Salad (2)
15	16	17	18	19
Salmon Loaf	Cook's Choice	Beef Patty (1)	Turkey Supreme (2)	Broccoli Cheddar Soup (0.5)
Creamed Peas & Potatoes (1)	Chicken Casserole w/Rice	Mashed Potatoes & Gravy (1)	Wheat Dinner Roll (1)	1/2 Tuna Salad Sandwich(1)
Carrots	Broccoli	Spinach	Asparagus	Carrots
Pears (1)	Tomatoes	Cinnamon Peaches (1)	Cranberry Salad (1)	Apricots (1)
Cherry Pink Cloud Dessert (2)	Applesauce (1.5)	Rice Krispie Bar (1)	Frosted Cake (1.5)	Choc Pudding w/Topping(1.5)
	Cookie	BIRTHDAY DAY		
22	23	24	25	26
Pizza Casserole (1)	Beef Patty w/onions (1)	Roast Beef Sandwich (1.5)	Chicken Tetrazzini (2.5)	BBQ Pork on Bun(2)
Cauliflower Cuts	Parslied Potatoes (1.5)	Potato Salad (1)	Broccoli	Sweet Potato Tots(1)
Lettuce Salad	Lima Beans	Corn & Kidney Bean Salad (1)	Banana (2)	Brussels Sprouts(.5)
Mixed Fruit (1)	Applesauce in Gelatin (1.5)	Orange (1)	White Cake w/	Peaches(1)
Garlic Bread (1)	Brownie (2)	Peanut Butter Cookie (1)	Strawberries (1)	Cottage Cheese
29	30	31		
Potato Bacon Soup (1.5)	Crispy Fish (1)	HALLOWEEN PARTY 		TO RESERVE
1/2 Ham Salad Sandwich (1)	Scalloped Potatoes (1.5)	Bubbling Cauldron of Chili (1)		OR CANCEL
Spinach (.5)	Brussels Sprouts	Witches' Fingers		A MEAL CALL
 Crackers (1)	Fruit Cocktail (1)	Children of the Corn (Bread) (1)		641-792-7102
Pears (1)	Ice Cream (1)	 Eyeball Grapes (1)		Toll Free 1-866-942-7102
		 Halloween Poke Cake (1)		

*Salt shaker indicates meals that are above 800 mg of sodium.

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days are not carbohydrate counted.


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