

			<p>Thursday 1 Oct 09 (4) LUNCH – Pork Chops w/ Mushroom Gravy, Salisbury Steak, Tempura Fried Fish, Rissole Potatoes, Steamed Rice, Broccoli, Peas & Carrots, Steamed Corn, Buffalo Wings, Roast Beef Sub</p> <p>DINNER – Pepper Steak, Pasta Primavera, Mr. Z's Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables</p>	<p>Friday 2 Oct 09 (5) LUNCH – Fried Shrimp, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens, BBQ Pork Sandwich, Burritos</p> <p>DINNER – Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli</p>	<p>Saturday 3 Oct 09 (6) LUNCH – Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish, Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash</p> <p>DINNER – Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans,</p>	<p>Sunday 4 Oct 09 (7) LUNCH - Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni/Cheese, O'Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo, Cheese Pizza, Reuben Sandwich</p> <p>DINNER – Stir Fry Beef w/ Broccoli, Turkey Nuggets, Pork Chop Sue, Baked Potatoes, Rice Pilaf, Corn on the Cob, Green beans, Peas & Carrots</p>
<p>Monday 5 Oct 09 (8) LUNCH – Pot Roast, Baked Stuffed Fish, Roast Pork Loin, Oven Brown Potatoes, Steamed Rice, Succotash, Green Beans w/ Mushrooms, Cauliflower Combo, Pork rib, Steak and Cheese Sub DINNER – Spaghetti w/ Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea & Pepper Rice, Summer Squash, Glazed Carrots, Broccoli</p>	<p>Tuesday 6 Oct 09 (9) LUNCH- Teriyaki Chicken, Veal Parmesan, Cheddar Baked Fish, Steamed Rice, Parsley Buttered Potatoes, Fried Cabbage, Succotash, Steamed Carrots, Pizza, Buffalo wings DINNER – Country Captain Chicken, Meatloaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Tempura Vegetables, Mustard Greens, Okra/ Tomato Gumbo</p>	<p>Wednesday 7 Oct (10) LUNCH – Southern Fried Chicken, Fried Catfish, BBQ Spareribs, Macaroni and cheese, Red beans and Rice, Black-eyed Peas, Collard Greens, Corn on the Cob, Chicken Fingers, Cheese Fishwich DINNER – – Lemon-Herbed Chicken, Sweet & Sour Pork, Jambalaya, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo</p>	<p>Thursday 8 Oct 09 (11) LUNCH – Herbed Baked Chicken, Beef & Noodles, Southern Fried Catfish, Mashed Potatoes, Black-eyed Peas w/ Rice, Glazed Sweet Potatoes, Mixed Vegetables, Peas, Cannonball Sandwich, Fried Chicken Patty DINNER – Roast Pork Loin, Veal Jaegerschnitzel, Chicken Cordon Bleu, Potato Halves, Orange Rice, Steamed Carrots, Corn Combo, Simmered Pinto B</p>	<p>Friday 9 Oct 09 (12) LUNCH – Mexican baked Chicken, Country Style Steak, Onion Lemon Baked Fish, Mashed Potatoes, Baked Mac/Cheese, Corn–on-cob, Spanish style beans, Peas/Carrots, BBQ Pork Sandwich, Chicken nuggets DINNER – Lasagna, Spaghetti w/meat Sauce, Chicken Cacciatore, Steamed Rice, Italian Style Baked Beans, Corn `O Brien, Broccoli, Cauliflower Parmesan</p>	<p>Saturday 10 Oct 09 (13) LUNCH – Crispy Baked Chicken, Baked Canned Ham, Beef Yakisoba, Raisin Sauce, Baked Potatoes, Spicy Brown Pilaf Rice, Broccoli, French Style Peas, Glazed Carrots DINNER – Fish Almandine, Pork Chops w/Brown Gravy, Stir Fry Chicken w/ Broccoli, Rissole Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra</p>	<p>Sunday 11 Oct 09 (14) LUNCH - Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo DINNER – Ginger BBQ Chicken, Cajun Meatloaf, Beef Manicotti/Cannelloni, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O' Brien</p>

<p>Monday 12 Oct 09 (1) LUNCH – Swiss Steak w/ Tomato Sauce, Baked Chicken, Sweet Italian Sausage, Peppers & Onions, Harvest Blend Rice, Mashed Potatoes, Broccoli, Carrots, Cannonball Sandwich, Chicken Nuggets</p> <p>DINNER – Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans</p>	<p>Tuesday 13 Oct 09 (2) LUNCH – Fish w/Lemon/Garlic Butter, Pork Schnitzel, Beef Yakisoba, Mashed Potatoes, Ginger Rice, Spinach, Simmered Pinto Beans, Summer Squash, Steak and Cheese Sub, Cheese Fishwich</p> <p>DINNER – Roast Loin of Pork, BBQ Beef Cubes, Chicken Fajitas, O’Brien Potatoes, Steamed Rice, Cauliflower, Corn on the Cob, Lima Beans</p>	<p>Wednesday 14 Oct 09 (3) LUNCH - Mexican Bkd Chicken, Chicken Enchiladas, Beef Fajitas, Mexican Rice, Refried Beans, Calico Corn, Spanish Style Beans, Green Beans</p> <p>DINNER – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage</p>	<p>Thursday 15 Oct 09 (4) LUNCH – Pork Chops w/ Mushroom Gravy, Salisbury Steak, Tempura Fried Fish, Rissolle Potatoes, Steamed Rice, Broccoli, Peas & Carrots, Steamed Corn, Buffalo Wings, Roast Beef Sub</p> <p>DINNER – Pepper Steak, Pasta Primavera, Mr. Z’s Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables</p>	<p>Friday 16 Oct 09 (5) LUNCH – Fried Shrimp, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens, BBQ Pork Sandwich, Burritos</p> <p>DINNER – Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli</p>	<p>Saturday 17 Oct 09 (6) LUNCH – Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish , Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash</p> <p>DINNER – Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach</p>	<p>Sunday 18 Oct 09 (7) LUNCH - Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni/Cheese, O’Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo, Cheese Pizza, Reuben Sandwich</p> <p>DINNER – Stir Fry Beef w/ Broccoli, Turkey Nuggets, Pork Chop Sue, Baked Potatoes, Rice Pilaf, Corn on the Cob, Green beans, Peas</p>
<p>Monday 19 Oct 09 (8) LUNCH – Pot Roast, Baked Stuffed Fish, Roast Pork Loin, Oven Brown Potatoes, Steamed Rice, Succotash, Green Beans w/ Mushrooms, Cauliflower Combo, Pork rib, Steak and Cheese Sub</p> <p>DINNER – Spaghetti w/ Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea & Pepper Rice, Summer Squash, Glazed Carrots, Broccoli</p>	<p>Tuesday 20 Oct 09 (9) LUNCH- Teriyaki Chicken, Veal Parmesan, Cheddar Baked Fish, Steamed Rice, Parsley Buttered Potatoes, Fried Cabbage, Succotash, Steamed Carrots, Pizza, Buffalo wings</p> <p>DINNER – Country Captain Chicken, Meatloaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Tempura Vegetables, Mustard Greens, Okra/ Tomato Gumbo</p>	<p>Wednesday 21 Oct 09 (10) LUNCH – Lasagna, Italian-Style Veal, Italian Sausage, Franconia Potatoes, Spring Garden Rice, Italian-Style Baked Beans, Green beans Parsisenne, Calico Corn, Garlic Bread, Cheese Fishwich, Monte Cristo Sand</p> <p>DINNER – – Lemon-Herbed Chicken, Sweet & Sour Pork, Jambalaya, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo</p>	<p>Thursday 22 Oct 09 (11) LUNCH – Herbed Baked Chicken, Beef & Noodles, Southern Fried Catfish, Mashed Potatoes, Black-eyed Peas w/ Rice, Glazed Sweet Potatoes, Mixed Vegetables, Peas, Cannonball Sandwich, Fried Chicken Patty</p> <p>DINNER – Roast Pork Loin, Veal Jaegerschnitzel, Chicken Cordon Bleu, Potato Halves, Orange Rice, Steamed Carrots, Corn Combo, Simmered Pinto B</p>	<p>Friday 23 Oct 09 (12) LUNCH – Mexican baked Chicken, Country Style Steak, Onion Lemon Baked Fish, Mashed Potatoes, Baked Mac/Cheese, Corn–on-cob, Spanish style beans, Peas/Carrots, BBQ Pork Sandwich, Chicken nuggets</p> <p>DINNER – Lasagna, Spaghetti w/meat Sauce, Chicken Cacciatore, Steamed Rice, Italian Style Baked Beans, Corn `O Brien, Broccoli, Cauliflower Parmes</p>	<p>Saturday 24 Oct 09 (13) Lunch- Strip Loin Steak, BBQ Spareribs, Herbed Baked Chicken,Rice Pilaf, Baked Potatoes, Siummer Squash,Brussel Sprouts,Corn on the Cob</p> <p>Dinner- Pork Chops w/ Brown Gravy, Stir Fry Chicken & Broccoli, Fish Almandine, Rissolle Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra</p>	<p>Sunday 25 Oct 09 (14) Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo</p> <p>DINNER – Ginger BBQ Chicken, Cajun Meatloaf, Beef Manicotti/Cannelloni, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O’ Brien</p>

<p>Monday 26 Oct 09 (1) LUNCH – Swiss Steak w/ Tomato Sauce, Baked Chicken, Sweet Italian Sausage, Peppers & Onions, Harvest Blend Rice, Mashed Potatoes, Broccoli, Carrots, Cannonball Sandwich, Chicken Nuggets</p> <p>DINNER – Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans</p>	<p>Tuesday 27 Oct 09 (2) LUNCH – Fish w/Lemon/Garlic Butter, Pork Schnitzel, Beef Yakisoba, Mashed Potatoes, Ginger Rice, Spinach, Simmered Pinto Beans, Summer Squash, Steak and Cheese Sub, Cheese Fishwich</p> <p>DINNER – Roast Loin of Pork, BBQ Beef Cubes, Chicken Fajitas, O’Brien Potatoes, Steamed Rice, Cauliflower, Corn on the Cob, Lima Beans</p>	<p>Wednesday 28 Oct 09 (3) LUNCH - Sweet N Sour Pork, Sukiyaki, Szechwan Chicken, Prok Fried Rice, Steamed Rice Broccoli, Cauliflower Combo, Chow Mein Noodles</p> <p>DINNER – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage</p>	<p>Thursday 29 Oct 09 (4) LUNCH – Pork Chops w/ Mushroom Gravy, Salisbury Steak, Tempura Fried Fish, Risssole Potatoes, Steamed Rice, Broccoli, Peas & Carrots, Steamed Corn, Buffalo Wings, Roast Beef Sub</p> <p>DINNER – Pepper Steak, Pasta Primavera, Mr. Z’s Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables</p>	<p>Friday 30 Oct 09 (5) LUNCH –Fried Shrimp, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens, BBQ Pork Sandwich, Burritos</p> <p>DINNER – Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli</p>	<p>Saturday 31 Oct 09 (6) LUNCH – Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish , Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash</p> <p>DINNER – Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach</p>	
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