



Monthly Menu

October 2017

Mon	2	IRISH STEW , Mashed Potatoes, Capri Mix Vegetables, Salad Garden w/ Italian Dressing, Orange Lemongrass Chicken, White Rice, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Orange
Tue	3	VEGETARIAN PENNE PASTA , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Banana Roast Beef Sandwich, Spring Vegetable Soup, Rainbow Spinach Salad w/ Rainbow Dressing, Banana
Wed	4	SOMALI CHICKEN , White Rice, Normandy Blend Vegetables, Tossed Salad w/ French Dressing, Apple Rice and Beans, Normandy Blend Vegetables, Tossed Salad w/French Dressing, Apple
Thu	5	SWAI FISH W/CUCUMBER SAUCE , Couscous, Oregon Bean Medley, Spinach Salad w/ Blue Cheese, Apple Bread Pudding Turkey Sandwich, Potato Salad, Oregon Bean Medley, Apple Bread Pudding
Fri	6	CHICKEN STROGANOFF , Noodles, Capri Mix Vegetables, Four Bean Salad, Banana Veggie Burger, Black Bean Soup, Capri Mix Vegetable, Four Bean Salad, Banana
Mon	9	SWEET & SOUR CHICKEN , Brown Rice, Capri Blend Veg, Vermicelli Noodle Salad, Apple Creamy Garlic Pizza, Capri Blend Veg, Vermicelli Noodle Salad, Apple
Tue	10	SLOPPY JOE , Hamburger Bun, Sliced Carrots, Spinach Salad w/ French, Lemon Gelatin w/ Blueberries Chicken Fajita, Tortilla Soup, Spinach Salad w/ French, Lemon Gelatin w/ Blueberries

Wed	11	CHESSE RAVIOLI , Italian Blend Vegetable, Navy Bean Salad, Carrot Cake <i>Pork Sliders, Potato Wedges, Italian Blend Vegetable, Navy Bean Salad, Carrot Cake</i>
Thu	12	TURKEY TETRAZZINI , Spaghetti Noodles, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Chocolate Mousse <i>Grilled Vegetable Sandwich, French Lentil Soup, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Chocolate Mousse</i>
Fri	13	LEMONGRASS FISH , Rice, Cabbage Mint Salad, Normandy Blend, Banana <i>Cabbage and Mince Chicken, Cabbage Mint Salad, Normandy Blend, Banana</i>
Mon	16	CHICKEN TERIYAKI , Brown Rice, Edamame Medley, Creamy Coleslaw, Apple <i>Chef Salad, Edamame Medley, Apple</i>
Tue	17	SPAGHETTI W/MEAT SAUCE , Mediterranean Blend Vegetables, Rainbow Spinach Salad, Seasonal Fruit <i>Swiss Mushroom Burger, Split Pea Soup, Rainbow Spinach Salad, Seasonal Fruit</i>
Wed	18	BAKED FISH w/Black Bean Salsa, Couscous, Sunshine Carrots, Garden Salad w/1000 Island Dressing, Banana <i>Chicken Smitane, Noodles, Sunshine Carrots, Garden Salad w/1000 Island Dressing, Banana</i>
Thu	19	CHICKEN CHILE VERDE , Whole Wheat Tortilla, Radish Tomato Salad, Creole Southwest Veg Medley, Bread Pudding <i>Tuna Sandwich, Butternut Squash Soup, Radish Tomato Salad, Creole Southwest Veg Medley, Bread Pudding</i>
Fri	20	HONEY PINEAPPLE PORK , White Rice, Garden Blend Vegetables, Tossed Salad w/Ranch Dressing, Orange <i>Chinese Chicken Salad, Orange</i>
Mon	23	ASIAN BBQ CHICKEN , Potatoes, Oregon Bean Medley, Spinach Salad w/Italian Dressing, Raspberry Parfait <i>Fish Tacos, Oregon Bean Medley, Spinach Salad w/Italian Dressing, Raspberry Parfait</i>
Tue	24	BEAN & CHEESE BURRITO w/Salsa, Key West Vegetables, Santa Fe Salad, Seasonal Fruit <i>Chicken Caesar Salad, Seasonal Fruit</i>
Wed	25	TAIWANESE BEEF STEW , Brown Rice, Szechuan Green Beans, Chinese Trio Salad, Kiwi <i>Hawaiian Pizza, Szechuan Green Beans, Chinese Trio Salad, Kiwi</i>
Thu	26	SPINACH LASAGNA , Garden Blend Vegetables, Boston Bean Salad, Orange <i>Dijon Crush Fish, Garden Vegetables, Boston Bean Salad, Orange</i>

Fri	27	PORK STROGANOFF , Rotini Noodles, Capri Vegetables, Garden Salad w/ 1000 Island Oatmeal Cookie <i>Spring Pasta with Chicken, Capri Vegetables, Garden Salad w/ 1000 Island Oatmeal Cookie</i>
Mon	30	SWAI FISH W/LEMON DILL SAUCE , Red Potatoes, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Apple <i>Broccoli-Tomato Quiche, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Apple</i>
Tue	31	TOFU CURRY STIR FRY , Brown Rice, Indian Slaw, Sunshine Carrots, Orange & Peach Gelatin <i>Summer Chicken Salad, Orange & Peach Gelatin</i>