

Monday	Tuesday	Wednesday	Thursday	Friday
<p>OCTOBER 2019</p> <p>CONNECTIONS CAFE</p>	<p>1 Manicotti Bahama Vegetables Sunflower Broccoli Salad Apple Raisin Nut Cup Milk</p>	<p>2 Smothered Pork Chop w/ Onions and Peppers Mashed Potatoes Brussels Sprouts Tropical Fruit Salad High Fiber Cookie Milk</p>	<p>3 Stuffed Bell Pepper Baby Baker Potatoes Cauliflower Carrot Raisin Salad Spiced Peaches Milk</p>	<p>4 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Milk</p>
<p>7 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup Milk</p>	<p>8 Salmon Burger w/ Lettuce & Tomato Cream of Mushroom Soup Broccoli Slaw Banana Milk</p>	<p>9 BLT Sandwich Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Milk</p>	<p>10 Chicken Mole Bahama Vegetable Blend Spanish Rice Black Bean Corn Salad Orange Carrot Cake w/ Cream Cheese Frosting Milk</p>	<p>11 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Tropical Fruit Milk</p>
<p>14 CLOSED FOR COLUMBUS DAY</p>	<p>15 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie Milk</p>	<p>16 Lasagna Roll/ Marinara Broccoli WW Roll Tossed Salad w/ Raspberry Vinaigrette Tropical Fruit Milk</p>	<p>17 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple Milk</p>	<p>18 Cod Tuscany Baby Bakers Broccoli Banana High Fiber Cookie Milk</p>
<p>21 Beef Tips Penne Pasta Brussel Sprouts 3 Bean Salad Applesauce Milk</p>	<p>22 Lemon Pepper Chicken Wild & Brown Rice Peas Beet & Onion Salad Orange Milk</p>	<p>23 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear Milk</p>	<p>24 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables WW Bread Apple Milk</p>	<p>25 Stuffed Pasta Shells w/ Meat Sauce Green Beans Carrot Raisin Salad Garlic Bread Stick Pear Milk</p>
<p>28 Chicken Tacos w/ sour Cream, Cheese & Salsa Southwestern Black Beans Orange Milk</p>	<p>29 Sweet & Sour Pork Jasmine Rice Asian Vegetables Applesauce High Fiber Cookie Milk</p>	<p>30 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Chick Peas Orange Milk</p>	<p>31 Happy Halloween! Goulash Green Beans Salad w/ Dressing WW Bread Apple Milk</p>	<p>Milk is provided with every meal.</p> <p>Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging</p>