

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>October 2019 Menu</b></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>5 Cheese Ravioli w/Marinara Bahama Vegetables Tossed Salad Peaches Raisin Nut Cup Milk</p>
<p>6 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple Milk</p>	<p>7 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup Milk</p>	<p>8 Salmon Burger w/ Lettuce &amp; 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>12 Stuffed Bell Pepper Baby Baker Potatoes Cauliflower Carrot Raisin Salad Spiced Peaches Milk</p>
<p>13 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Milk</p>	<p>14 <b>Closed for Training. Meal will be delivered on Friday, Oct 11<sup>th</sup>.</b>  Chicken Cordon Bleu Roasted Sweet Potatoes, Mixed Vegetables, WW Bread, Mandarin Oranges, Milk</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/ Rasp- berry Vinaigrette Tropical Fruit Milk</p>	<p>17 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple Milk</p>	<p>18 Cod Tuscan Baby Bakers Broccoli Banana High Fiber Cookie Milk</p>	<p>19 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup Milk</p>
<p>20 Chicken Mole Bahama Vegetable Blend Spanish Rice Black Bean Corn Salad Orange Carrot Cake , Milk</p>	<p>21 Beef Tips Penne Pasta Brussel Sprouts 3 Bean Salad Applesauce Milk</p>	<p>22 Lemon Pepper Chicken Wild &amp; Brown Rice Peas Beet &amp; Onion Salad Orange Milk</p>	<p>23 Hamburger w/ Lettuce, Tomato &amp; 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>26 Lasagna Roll/ Marinara Broccoli WW Roll Tossed Salad w/ Raspberry Vinaigrette Tropical Fruit, Milk</p>
<p>27 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple Milk</p>	<p>28 Chicken Tacos w/ sour Cream, Cheese&amp; Salsa Southwestern Black Beans Orange Milk</p>	<p>29 Sweet &amp; 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 <b>Happy Halloween!</b> Goulash Green Beans Salad w/ Dressing WW Bread Apple Milk</p> 		<p><b>Meals are partially funded by the Pikes Peak Area Agency on Aging</b></p>