

October 2025

	Sunday 28	Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Breakfast	poached eggs english muffin	scrambled eggs muffins	fried eggs bacon	coffee cake scrambled eggs	breakfast sandwich on croissant	scrambled eggs toast	pancakes berries & whipped cream sausage
Lunch	sweet and sour pork fried rice grilled mixed veggies	chicken cordon blue (homemade) mixed veggies stuffing	tortolini pesto sauce mixed veggies cottage cheese roll	cashew chicken broccoli egg noodles	marinated pork chops asparagus wild rice	salmon roasted veggies wild rice	beef and broccoli stirfry white rice egg roll
Dinner	grilled chicken wraps carrot sticks ranch dip	tuna-pea wiggle over saltines side salad	chicken salad sandwich cranberry sauce pickle	ham and cheese sandwich chips	grilled chicken ceasar salad toasted peta chips	egg salad sandwich chips pickle	turkey sandwich doritos

	Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
Breakfast	cinnamon roll casserole melons	scrambled eggs danish	parfait danish	breakfast quiche bacon	Loaded Hash Browns	fried eggs toast	apple pancakes bacon
Lunch	marinated porkchops asparagus wild rice	turkey meatloaf augrautan potatoes mixed veg	stuffed shells spinach garlic bread	fried chicken mashed pots corn	pulled pork roasted potatoes apple sauce mixed veg	poached fish mixed veggies quinoa	roasted chicken thighs rice mied vegetables
Dinner	turkey sandwiches chips	sliders french fries	dumplings fried rice	ham salad sandwich pickle	meatball sub side ceasar salad (dressed, cruton and cheese only)	turkey club sandwich chips	grilled hot dogs baked beans brown bread

	Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
Breakfast	scrambled eggs sweet bread	fried eggs toast	egg bake bacon	cheese omllett toast	scrambled eggs muffin	sweet breads berries yogurt	pancakes bacon
Lunch	Mac and cheese with ham broccoli	beef meat loaf baked potato side salad	ravioli cream sauce squash	pork asperagas orzo & spinach	lasagna cottage cheese side salad	fish and chips garden salad	chicken divan broccoli over rice
Dinner	beef stew roll	ham sandwich chips pickle	chicken patty sandwiches broccoli salad	philly cheese steak french fries	potstickers lomein	chicken noodle soup crackers	seafood salad sandwiches fries pickle

	Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Breakfast	poached eggs english muffin	Hot cereal/ cold cereal yogurt fruit	scrambled eggs bacon	cinnimon buns scrambled eggs	quiche toast	fried eggs toast	french toast sausage
Lunch	baked ham mashed potato peas & carrots roll	roasted butternut squash polenta cakes pork loin	chop suey cottage cheese roll	honey garlic chicken jasmine rice carrots	creamy garlic porkchops carrots stuffing	Stuffed pepper casserole roasted summer squash and zucchini	sweedish meatballs egg noodles mixed veggies
Dinner	Sausage vegetable soup crackers	flatbread pizza ceasar salad	fresh corn chowder crackers	ham salad sandwich cottage cheese	White chicken stew corn bread	tuna salad sandwich chips	chicken stew crackers

	Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1
Breakfast	scrambled eggs muffins	eggs benedict english muffins	fried eggs bacon	coffee cake scrambled eggs	breakfast sandwich on croissant	Spooky Breakfast Surprise!	pancakes berries & whipped cream sausage
Lunch	sweet and sour pork fried rice grilled mixed veggies	chicken cordon blue (homemade) mixed veggies stuffing	tortolini pesto sauce mixed veggies cottage cheese roll	cashew chicken broccoli egg noodles	marinated pork chops roasted squash mashed potato	Ghoulishly Good Gruel	beef and broccoli stirfry white rice egg roll
Dinner	grilled ham and cheese pickle	vegetable soup roll	chicken salad sandwich cranberry sauce pickle	grilled cheese tomato soup	grilled chicken ceasar salad toasted peta chips	Tricks and Treats (bagged meal for those going out)	turkey sandwich doritos