

October 2024



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|---|
| 29 | 30 | 1 Grilled Hot Dog on Toasted Brioche Roll with Baked Beans, Slaw & Sauerkraut | 2 Veal Marsala over Pasta | 3 Meat Lasagna with Garlic Bread | 4 Cod Au Gratin with Rice Pilaf and Asparagus | 5 Cobb Salad with Marinated Grilled Chicken |
| 6 Roasted Turkey Dinner - Mashed Potatoes, Green Beans, & Gravy | 7 Coconut Shrimp with Bang Bang Sauce over Veggie Wild Rice | 8 Beef Bourguignon | 9 Chicken & Leeks Pot Pie with Puff Pastry | 10 Virginia Baked Ham with Butternut Squash & Roasted Brussel Sprouts | 11 Baked Chicken & Broccoli Zitz with a White Cheese Sauce | 12 Pork Roast with a Blackberry Glaze & Roasted Garlic Potatoes, Carrots |
| 13 Homemade Cuban with Pasta Salad | 14 Homemade Pot Roast & Gravy, Roasted Root Veggies & Red Potatoes | 15 Grilled Pineapple Garden Salad with Tuna Steak and Naan Bread | 16 Cod Puttanesca with Spanish Rice and Roasted Cauliflower | 17 Fire Cracker Salmon with Wild Rice and Peas & Pearl Onion | 18 Shepherd's Pie | 19 Boneless Pork Chop with Peach Sauce & Scalloped Potato & Lemon Butter Spinach |
| 20 Sweet Italian Sausage & Linguica Casserole over Spanish Rice | 21 Balsamic Chicken and Pear Stew over Rice Pilaf | 22 Chicken & Broccoli Alfredo over Pasta | 23 Meatloaf with Garlic Mash and Corn on the Cob & Gravy | 24 Grilled Marinated Sirloin Steak with Asparagus Tapenade & Baked Potato | 25 Fish Tacos with Homemade Tartar, Guacamole and Cole Slaw | 26 Marinated Shrimp over lemon Orzo and Feta Salad |
| 27 Teriyaki Glazed Salmon with Wild Rice & Peas & Pearl Onions | 28 Fried Shrimp with Beer Batter Onion Rings & Slaw | 29 Spicy Georgia Peach Chicken over Vegetable Rice | 30 Spaghetti with Homemade Meatballs & Sausage over Pasta | 31 Cheese Ravioli with Pumpkin Sauce and Focaccia Bread | 1 | 2 |
| 3 | 4 | Notes | | | | |