



ITEMS CAN BE CHANGED
DUE TO UNAVAILABILITY

C.H.A.M.P.S.S. Lunch Menu

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Fried Chicken Mashed Potatoes & Gravy Green Beans Marbled Sour Cream Cake Beverage	2 Baked Mostaccioli Italian Blend Vegetables Apple Crisp Garlic Bread Stick Beverage	3 Onion Sage Chicken Roasted Red Potatoes Spinach Bake Carrot Cake w/ Cream Cheese Frosting Dinner Roll/Margarine Beverage	4 Beef Roast w/Gravy Rice Pilaf Steamed Broccoli Cinnamon Scalloped Peaches Dinner Roll/Margarine Beverage	5 Resident's Choice (3 oz Pro/1 Grain/1 Veg/1 Frt) Beverage	6 Fish of the Day Tartar Sauce French Fries Coleslaw Fruit Shortcake Beverage	7 Swedish Meatballs with Sauce Buttered Egg Noodles Squash Medley Frosted Cake Beverage
8 Apricot Glazed Ham Sweet Potato Casserole Mixed Vegetables Boston Cream Pie Beverage	9 Chicken Pot Pie Green Beans Pumpkin Mousse Beverage	10 Italian Marinated Pork Loin Stuffing Brussel Sprouts Cherry Crisp Dinner Roll/Margarine Beverage	11 Beef Soft Taco Refried Beans Spanish Rice Churros Milk/Beverage	12 Chicken Bacon Penne Pasta Zucchini & Onions Brownie Garlic Toast Beverage	13 Deluxe Potato Ham Bake Glazed Carrots Warm Fruit Compote Cornbread Muffin/Margarine Milk/Beverage	14 Roast Beef Baked Potato w/Sour Cream & Margarine Green Peas with Sautéed Onions Iced Banana Bar Dinner Roll/Margarine Beverage
15 Meatloaf Mashed Potatoes Squash Medley Frosted Gelatin Poke Cake Dinner Roll/Margarine Beverage	16 Fiesta Spiced Chicken Mexican Rice Eloté Corn Snickerdoodle Cookies Milk/Beverage	17 Ham Steak Cheesy Hashbrown Casserole Blackeye Peas Apple Salad Lush Cornbread/Margarine Beverage	18 Chicken Breast Florentine Pasta Italian Blend Vegetables Fruit Cobbler Bread Stick Beverage	19 Resident's Choice (3 oz Pro/1 Grain/1 Veg/1 Frt) Beverage	20 Beef Stew Creamed Peas Pear Spice Upside Down Cake Biscuit Beverage	21 Chicken Teriyaki Lo Mein Noodles Oriental Vegetables Egg Roll Sugar Cookies Milk/Beverage
22 Lasagna Salad Cheesecake Garlic Toast Beverage	23 Rosemary Herbed Baked Chicken Mushroom Rice Broccoli Parmesan Fruit Crumble Beverage	24 Breaded Pork Chop with Onions Parslied Buttered Pasta Green Beans Chocolate Chip Cake Dinner Roll/Margarine Beverage	25 Beef Chop Suey Steamed Rice Sautéed Mushrooms & Onions Peaches with Whipped Milk/Beverage	26 Broccoli Cheese Soup Fried Bologna & Cheese Sandwich Tater Tots Sherbet Ketchup/Mustard Milk/Beverage	27 Oven Baked Fish Tartar Sauce Macaroni & Tomatoes Cauliflower Au Gratin Fruited Gelatin Hush Puppies Beverage	28 Beef & Bean Chili Creamy Coleslaw Chocolate Cream Pie Cornbread/Margarine Beverage
29 Country Fried Steak Cream Gravy Mashed Potatoes Green Beans w/ Bacon & Cranberry Swirl Cake Beverage	30 Glazed Ham Herb Stuffing Creamy Sweet Corn Warm Cinnamon Apples Beverage	31 Pot Roast Long Grain & Wild Rice Buttered Peas Glazed Applesauce Cake Dinner Roll/Margarine Beverage				OCTOBER LUNCH



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C.H.A.M.P.S.S. Dinner Menu

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Bean Soup Crackers Egg Salad Cold Plate Marinated Tomato Salad Ice Cream Milk/Beverage	2 Ham & Swiss Wrap Corn Chips Harvard Beet Salad Strawberries & Bananas Milk/Beverage	3 Bacon Cheeseburger Sloppy Joe Tater Tots Fruit Fluff Milk/Beverage	4 Chicken & Dumplings Buttered Carrots Fruit Pizza Dessert Milk/Beverage	5 Shepherd's Pie Buttered Corn Mandarin Orange Gelatin Dinner Roll/Margarine Beverage	6 Potato Bacon Soup Crispy Chicken Strip Lemon Cheesecake Bar Bread Stick Milk/Beverage	7 Turkey French Dip Sandwich Tater Tots Steamed Carrots Creamy Fruit Salad Milk/Beverage
8 Chili Mac Tossed Salad/Dressing Cranberry Apples Cornbread/Margarine Milk/Beverage	9 Tuna Melt Sandwich Chips Stewed Tomatoes Citrus Fruit Cup Milk/Beverage	10 Hot Dog on Bun Baked Beans Mixed Fruit Cup with Whipped Topping Beverage	11 Tomato Basil Soup Grilled Swiss Cheese Sandwich Creamy Coleslaw S'more Pudding Parfait Milk/Beverage	12 Resident's Choice (3 oz Pro/1 Grain/2 Veg) Beverage	13 French Onion Soup w/Croutons Harvest Turkey Salad Sweet Potato Crumble Cake Milk/Beverage	14 Chicken & Noodles Green Beans Spiced Peaches with Ice Cream Milk/Beverage
15 Deli Meat & Cheese Sandwich Broccoli Salad (A) Banana Pudding (FR) Mayonnaise/Mustard Milk/Beverage	16 Salisbury Steak Mashed Potatoes & Mixed Vegetables Bread Pudding with Vanilla Sauce Beverage	17 Sliced Roast Turkey Baked Sweet Potato w/ Green Bean Casserole Pumpkin Pie (A) Herbed Dinner Roll Beverage	18 BBQ Pulled Pork on Bun Potato Chips Seasoned Black Beans Crushed Pineapple Milk/Beverage	19 Unstuffed Peppers Over Steamed Rice Tossed Salad/Dressing Gelatin with Whipped Bread Stick Milk/Beverage	20 Corn Chowder Fish & Cheese Sandwich Tartar Sauce Coleslaw Ice Cream Milk/Beverage	21 Autumn Apple Pork Loin Cornbread Stuffing Carrots (A) Cranberry Crumble (FR) Beverage
22 Chicken & Rice Soup Stuffed Baked Potato Seasoned Spinach Fruit Cup Milk/Beverage	23 Hot Beef & Cheese on Bun Sweet Potato Fries Brownie Milk/Beverage	24 Chicken Tender Potato Bowl Flaky Biscuit/Margarine Pear Crisp Milk/Beverage	25 Baked Caesar Chicken Breast Roasted Red Potatoes Buttered Carrots Pumpkin Cake with Dinner Roll/Margarine Beverage	26 Resident's Choice (2 oz Pro/2 Grain/1 Veg/1 Frt) Milk/Beverage	27 Grilled Sausage Cuts Potato Salad Vegetable Blend Cookies Beverage	28 Chicken Alfredo Over Fettuccini Italian Tossed Salad Rosy Pineapple Garlic Toast Milk/Beverage
29 Turkey & Swiss Cheese Sandwich Cheese Puffs Kidney Bean Salad Fruit Cocktail Mayonnaise/Mustard Milk/Beverage	30 BBQ Chicken Macaroni Salad Marinated Slaw Ambrosia Cornbread/Margarine Milk/Beverage	31 Tuna Salad Cold Plate Crackers Beet & Onion Salad Fruit of the Day Milk/Beverage				OCTOBER DINNER