



CW Resources Senior Community Café



# October Menu

1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HAPPY HALLOWEEN</b></p>				
<p>Roast Pork with Apple Glaze Sesame Noodles Country Blend Veggies</p> <p>100% Whole Wheat</p> <p>Mandarin Oranges</p>	<p>Orange Juice Grilled Chicken with Honey Mustard Sauce Mashed Potatoes Summer Blend Veggies</p> <p>12 Grain Bread</p> <p>Mixed Fruit Cup</p>	<p>Creamy Pea Soup Unsalted Crackers Grilled Chicken Breast Sweet Potatoes Broccoli</p> <p>Dinner Roll</p> <p>Cinnamon Applesauce</p>	<p>Grape Juice Pot Roast w/Gravy Baked Potato Carrot Coins Sour Cream</p> <p>Pumpernickel Bread</p> <p>Birthday Cake</p>	<p>Potato Crunch Fish Lemon Butter Sauce Buttered Orzo Spinach</p> <p>Potato Bread</p> <p>Fresh Apple</p>
<p>Columbus Day Holiday</p> 	<p>Cranberry Juice Lasagna Rolette Meat Sauce Peas &amp; Carrots Parmesan Cheese</p> <p>Italian Bread</p> <p>Tangerine</p>	<p>Spaghetti Marinara Sauce Turkey Meatballs Romaine Salad Ranch Dressing Parmesan Cheese</p> <p>Italian Bread</p> <p>Banana</p>	<p>Cream of Broccoli Soup Unsalted Crackers Chicken Salad Lettuce Bed Macaroni Salad Pickled Beets</p> <p>Multigrain Bread</p> <p>Pears</p>	<p>Pineapple Juice Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Potato Bread</p> <p>Rice Pudding</p>
<p>Grape Juice Veal Scallopini over Parslied Buttered Noodles Oriental Blend Veggies</p> <p>100% Whole Wheat</p> <p>Oatmeal Raisin Cookies</p>	<p>Knockwurst Lazy Pierogies Cabbage</p> <p>Hot Dog Roll</p> <p>Pineapple Chunks</p>	<p>Grilled Chicken Breast Broccoli Cheese Sauce Rice Pilaf Stewed Tomatoes</p> <p>Oatmeal Bread</p> <p>Peaches</p>	<p>Pineapple Juice Beef Stew w/Carrots, Diced Potatoes &amp; Peas Garden Salad French Dressing</p> <p>W.W. Dinner Roll</p> <p>Oatmeal Cream Pie</p>	<p>Roast Turkey Turkey Gravy Stuffing Geneva Blend Veggies Cranberry Sauce</p> <p>Rye Bread</p> <p>Tropical Fruit Cup</p>
<p>Apple Juice Unbreaded Fish Filet Steak Fries Carrot Coins Tartar Sauce</p> <p>Oatmeal Bread</p> <p>Tropical Fruit Cup</p>	<p>Cranberry Juice Unbreaded Veal Patty Onion Gravy Rice Au Gratin Summer Blend Veggies</p> <p>Pumpernickel Bread</p> <p>Banana</p>	<p>Cranberry Juice Chicken Tetrazzini with Sauce Brown Rice California Blend Veggies</p> <p>Pumpernickel Bread</p> <p>Ice Cream Cup</p>	<p>Escarole Bean Soup Unsalted Crackers Broccoli Bake Chuck Wagon Veggies</p> <p>100% Whole Wheat</p> <p>Fruit Cocktail</p>	<p>Orange Juice Rigatoni with Meatballs Marinara Sauce Spinach</p> <p>Multigrain Bread</p> <p>Cinnamon Applesauce</p>
		<p>Butternut Squash Soup Unsalted Crackers Grilled Chicken Breast Lettuce &amp; Tomato Marinated Cucumbers</p> <p>W.W. Hamburger Bun</p> <p>Fresh Pear</p>	<p>Orange Juice Lazy Man's Stuffed Pepper Whipped Potatoes Buttered Beets</p> <p>Italian Bread</p> <p>Fresh Orange</p>	<p>Ghoulish Grape Juice Prickly Peppersteak with Peppers and Ugly Onions Batty Buttered Noodles Creepy Capri Blend Voodoo Veggies Bewitched Bread Pumpkin Treat</p>