



MONTHLY MENU: OCTOBER 2024

MONDAY

Sep 30

1. Chicken Alfredo with Pasta and Spinach
2. Almond Crusted Chicken with Rice Pilaf and Green Beans
3. Classic Meatloaf
4. Beef Paprikash w Egg Noodles & Roasted Carrots
5. Italian Sausage with Peppers, Onions & Parmesan Potatoes
6. Bombay Glazed Salmon with Turmeric Rice & Lemon Broccoli
7. Chicken Salad w Beets, Goat Cheese & Pecans

Oct 07

1. Baked Sweet and Sour Chicken
2. Chicken Parmesan and Penne Pasta
3. Bourbon Beef w Smashed Potatoes & Peas
4. Cheesy Meatloaf w Smashed Potatoes
5. BBQ Grilled Pork Chop with Macaroni & Cheese
6. Sweet Chili Salmon with Citrus Rice
7. Grilled Chicken on Strawberry Spinach Salad

Oct 14

1. Honey Garlic Chicken with Brown Rice and Broccoli
2. Oven Fried Chicken w Broccoli Cheddar Rice
3. Beef Stroganoff
4. Classic Meatloaf
5. Italian Sausage with Peppers, Onions & Parmesan Potatoes
6. Salmon w Sweet Potatoes & Broccoli
7. Thai Beef Salad

Oct 21

1. BBQ Chicken with Sweet Potato Wedges and Coleslaw
2. Chicken Enchiladas w Spanish Rice & Pinto Beans
3. Cheesy Meatloaf w Smashed Potatoes
4. Bourbon Beef w Smashed Potatoes & Peas
5. Virginia Pulled Pork Sandwich
6. Pan Roasted Salmon w Garlic Mashed Potatoes
7. Chopped Chicken Salad

TUESDAY

Oct 01

1. Chicken Burrito Bowl with Salsa and Rice
2. Teriyaki Sesame Chicken w Green Beans & Scallion Rice
3. Beef Stroganoff
4. Shepherd's Pie w Beef & Cheddar Potato Topping
5. Italian Sausage with Peppers, Onions & Parmesan Potatoes
6. Shrimp Fried Rice with Water Chestnuts & Crispy Noodles
7. Chopped Chicken Salad

Oct 08

1. Cashew Chicken Stir Fry
2. Chicken Enchiladas w Spanish Rice & Pinto Beans
3. Beef Pot Roast
4. Tuscan Spaghetti & Meatballs
5. BBQ Grilled Pork Chop with Macaroni & Cheese
6. Cajun-Spiced Grilled Shrimp Tacos
7. Mandarin Orange Chicken Salad

Oct 15

1. Grilled Chicken with Sun Dried Tomato Orzo & Broccoli
2. Chicken Piccata
3. Ground Beef Enchilada Bake with Spicy Street Corn
4. Braised Beef w Mashed Potatoes & Bacon Corn
5. Italian Sausage with Peppers, Onions & Parmesan Potatoes
6. Shrimp & Chicken Paella
7. BBQ Chicken Salad with Chile Corn Salsa and Cornbread Croutons

Oct 22

1. Grilled Chicken Parmesan with Garlic Potatoes & Broccoli
2. Fettuccine Alfredo with Chicken
3. Beef Burgundy with Cheddar Mashed Potatoes & Roasted Carrots
4. Chicken & Sausage Jambalaya
5. Virginia Pulled Pork Sandwich
6. Shrimp Scampi
7. Latin Steak Salad with Corn Salsa

WEDNESDAY

Oct 02

1. Butter Chicken w cumin rice & roti
2. Cowboy Chicken with Baked Sweet Potatoes & Corn
3. Beef Tacos with Mexican Rice and Corn
4. Sesame Garlic Beef Tips with Rice Noodles
5. Grilled Teriyaki Pork & Rice Noodles with Sesame Green Beans
6. Grilled Salmon with Dill Remoulade and Red Potatoes
7. Grilled Chicken Caesar Salad

Oct 09

1. Bruschetta Chicken Pasta
2. BBQ Chicken Sliders with Macaroni & Cheese and Slaw
3. Cincinnati Chili 5 Ways with Cornbread
4. Beef Burgundy with Cheddar Mashed Potatoes & Roasted Carrots
5. Virginia Pulled Pork Sandwich
6. Salmon Piccata with Brown Rice Pilaf and Green Beans
7. Chicken Salad w Apples, Walnuts & Vinaigrette

Oct 16

1. Chicken Alfredo Casserole
2. Grilled Chicken with Greek Potatoes & Feta Stuffed Tomatoes
3. Cheese Raviolis with Bolognese
4. Old Fashioned Beef Stew with Biscuits
5. Pork Schnitzel
6. Grilled Salmon with Dill Remoulade and Red Potato
7. Asian Grilled Pork Loin with Peanut Noodle Salad

Oct 23

1. Butter Chicken w cumin rice & roti
2. Pretzel Chicken w Potatoes & Broccoli
3. Tuscan Spaghetti & Meatballs
4. Beef Pot Roast
5. Sicilian Pork Chop with Roasted Parmesan Potatoes
6. Napa Grilled Salmon
7. Grilled Chicken Caesar Salad

THURSDAY

Oct 03

1. Chipotle Chicken Fajitas
2. Italian Chicken Meatball Sandwich
3. Cheese Raviolis with Bolognese
4. Braised French Onion Chop Steak w Scalloped Potatoes
5. Grilled Teriyaki Pork & Rice Noodles with Sesame Green Beans
6. Baked Cod with Lemon Herb Butter, Rice Pilaf & Peas
7. Classic Cobb Salad

Oct 10

1. Fettuccine Alfredo w Chicken
2. Grandma's Oven Baked Chicken
3. BBQ Beef Sliders w Baked Beans & Cucumbers
4. Jalapeno Steak Fajitas
5. Virginia Pulled Pork Sandwich
6. Classic Tuna Casserole
7. Latin Steak Salad with Corn Salsa

Oct 17

1. Greek Chicken Kabobs w Rice Pilaf
2. Chicken Burrito Bowl w Salsa and Rice
3. Shepherd's Pie w Beef & Mashed Potatoes
4. Jalapeno Steak Fajitas
5. Pork Schnitzel
6. Garlic Butter Trout with Roasted Vegetables and Quinoa
7. Chicken Salad w Beets, Goat Cheese & Pecans

Oct 24

1. Teriyaki Chicken w Green Beans & Rice
2. Sticky Orange Chicken and Rice with Sugar Snap Peas & Carrots
3. Bavarian Beef w Spaetzle & Red Cabbage
4. Classic Meatloaf
5. Sicilian Pork Chop with Roasted Parmesan Potatoes
6. Lemon Herb Whitefish
7. Grilled Thai Salmon Salad

FRIDAY

Oct 04

1. Chicken Raguso
2. Braised Chicken and Parsley Parmesan Dumplings
3. Steak Burrito with Cowboy Beans and Rice
4. Meat Lasagna with Roasted Broccoli
5. Roasted Salmon with Dijon Bread Crumbs & Chive Potatoes

Oct 11

1. Southern Fried Chicken Breast with Cheddar Chive Grits & Roasted Broccoli
2. Half Roasted Chicken
3. Mushroom Swiss Burger with Sweet Potatoes
4. Chile Relleno Casserole
5. Pacific Rim Salmon

Oct 18

1. Grilled Buffalo Chicken with Oven Fries and Succotash
2. Turkey Meatloaf with Scalloped Potatoes & Peas
3. Classic Grilled Cheeseburger
4. BBQ Baby Back Ribs Over Cajun Corn Maque
5. Maple Dijon Salmon w Rice Pilaf & Green Beans

Oct 25

1. Half Roasted Chicken
2. Creamy Garlic Parmesan Chicken with Lemon Herb Rice
3. Meat Lasagna with Roasted Broccoli
4. French Dip Sandwich
5. Honey Mustard Glazed Salmon