

# The Center Café October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1 Italian Sausage on Bun</b> Seasoned Green Beans Spiced Apples	<b>2 Chicken Thigh</b> w/ Mushroom Gravy Whipped Potatoes Broccoli Cuts & Florets Fresh Apple Mocha Nut Cookie	<b>3 Orange Glazed Chicken</b> rice Pilaf w/ Mushrooms Scandinavian vegetables Spinach Romaine Salad Orange gelatin w/ mandarins	<b>4 Stuffed Green Bell Peppers</b> California Vegetables Green Peas & Onions Whole Wheat Dinner Roll Fresh Banana	<b>5 BBQ Chicken</b> on a Deli Bun Baked Beans Country Coleslaw Straw/Van Swirl Pudding	<b>TACO SALAD</b> Ground Beef Shredded Cheese Lettuce & Tomatos Black Beans Brown Spanish Rice Tortilla Strips Picante Sauce
<b>8 Chicken Enchiladas</b> w/ Red Enchilada Sauce Mecicali Corn Bluching Pears	<b>9 Meatloaf</b> w/ Brown Gravy Whipped Potatos Stewed Tomatoes Fresh Tangerine Birthday Cupcake Chocolate Milk	<b>10 Potato Crusted Fish</b> w/ Tartar Sauce Garlic Mashed Potatoes Green Peas & Onions Spinach Salad w/ egg Hot bacon dressing Peanut Butter Bar	<b>11 Baked Pork Chop</b> w/ verde sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup	<b>12 Country Rib</b> Baked Sweet Potato Slices Country Coleslaw Mixed Vegetables	<b>Potato Soup &amp; Sandwich</b> Sliced Turkey Muenster Cheese Lettuce/Tomato/Onion Whole Wheat Bread
<b>15 Chicken Stir Fry</b> w/ Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrots Coconut Pudding	<b>16 Meat Lasagna</b> Mixed Vegetables Spinach Romaine Salad Breadstick Red Gelatin W/ Peaches	<b>17 Roast Pork</b> w/ Pork Gravy Mashed Potatoes Marinated Zucchini Salad Fresh Apple	<b>18 Beef Stroganoff</b> over Egg Noodles Garden Vegetable Salad Seasoned Green Beans Banana Choc. Chip Bar	<b>19 Grilled Chicken Breast</b> Lettuce & Tomato on a Deli Bun Succotash Fresh Banana	<b>Beef Stew</b> Green Tossed Salad Tropical Mixed Fruit Wheat Crackers Ranch Dressing
<b>22 Egg, Sausage, Cheese Burrito</b> Roasted Red Potatos Bell Peppers & Onions Fresh Pear	<b>23 Salisbury Steak</b> w/ gravy Augratin Potatoes Seasoned Carrots Green Peas & Onions Spice Cake	<b>24 Grilled Salmon</b> w/ Basil Cream Sauce Broccoli Cuts & Florets Spinach Romaine Salad Dinner Roll Rocky Road Pudding	<b>25</b> <b>OKTOBERFEST</b>	<b>26 Grilled Pork Chops</b> Ranch Beans Pineapple Slaw Wheat Dinner Roll Joy's Applesauce Cookie	<b>TACO SALAD</b> Chicken, Cheese Lettuce & Tomatoes Black Beans Brown Spanish Rice Tortilla Strips Salsa & Sour Cream
			Schnitzel Sauerbraten Spaetzel Red Cabbage Blechkuchen (Apple dessert)		
<b>29 Turkey Pot Pie</b> Spinach Romaine Salad Fresh Apple Whole Wheat Dinner Roll	<b>30 Teriyaki Meatballs</b> w/ Brown Rice Broccoli Cuts & Florettes Capri Blend Vegetables Sunshine Gelatin	<b>31 Halloween Special</b> <b>Mummies in a Blanket</b> on a Bun Baby Spuds Witch's Stew Tomatoes Bewitched Fresh Apple Monster Pumpkin Bar			<b>Chili w/ Beans</b> Broccoli & Florets Baked Potato Mixed Fruit Sour Cream Shredded Cheddar Cheese

All meals served with 1% milk and appropriate condiments