




THE GATHERING PLACE OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 B.B.Q. Beef Steak Mashed Potatoes Baby Carrots Wheat Roll SNACK: Vanilla Pudding w/Peaches & Cream	3 Roast Pork w/Gravy Boiled Potatoes w/Parsley Butternut Squash Wheat Roll SNACK: Applesauce Cake	4 Mac-n-Cheese w/ Bacon Green Beans 100% Wheat Bread SNACK: Mandarin Oranges	5 Chicken noodle Soup w/ crackers Italian Sub with lettuce, tomato, onion & cheese Chips SNACK: Chocolate Chip Cookies	6 Beef Stroganoff Rotini Noodles Whole Beets 100% Wheat Bread SNACK: Pineapple Tidbits
9 Baked Meatloaf Mashed Potatoes Spinach Wheat Roll SNACK: Date Bar	10 Cheese Ravioli w/ Meat sauce & Parmesan Cheese Green Bean & Feta Salad 100% Wheat Bread SNACK: Melon	11 Chicken Stew Brussel Sprouts Tossed Salad w/ Dressing Biscuit SNACK: Chocolate Chip Cookies	12 Minestrone soup w/ Crackers Chicken salad on a Wheat Roll w/ Lettuce & tomato SNACK: Pound Cake	13 Turkey Divan Casserole Mashed Potatoes Diced Carrots Wheat Dinner Roll SNACK: Pumpkin Bread
16 Chipped Beef Mashed Potatoes Broccoli Florets Wheat Roll SNACK: Pumpkin Cookie	17 Chicken Cacciatore Seasoned Potatoes Peas & Carrots Italian Bread SNACK: Brownie	18 Clam Chowder w/ Crackers Chicken Salad on a Hamburger Roll w/ Cabbage & Tomato Slices SNACK: Pears	19 Corn Chowder w/ crackers Egg Salad on a Wheat Roll w/ Lettuce & Tomato SNACK: Peaches	20 Shepherd's Pie Baby Carrots Wheat Roll SNACK: Yogurt Cake
23 Pork Cutlet w/White Sauce Mashed Potatoes Mixed Vegetables Wheat Roll SNACK: Peach Crisp	24 Chicken & Biscuit Mashed Potatoes Green Leaf Salad w/ Dressing SNACK: Fruit Salad	25 Oven Fried Chicken Garlic Mashed Potatoes Spinach 100% Wheat Bread SNACK: Banana Bread	26 Mild Chili w/ Crackers Cornbread Muffin Cheddar Cheese Cubes SNACK: Fruit Salad	27 Baked Lasagna w/Beef Carrot & Pineapple Cole Slaw Parmesan Cheese Italian Bread SNACK: Apricots
30 Chicken Chow Mein Rice Pilaf Mixed Vegetables Chow Mein Noodles SNACK: Pears	31 Spaghetti w/meat sauce Parmesan Cheese Three Bean Salad  Italian Bread SNACK: Ambrosia	1% Milk And Whole Grain Bread Served With All Meals 