

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>OCTOBER 2021</div>					<div>1</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Chocolate Porridge, Crispy Bacon, Peach Slices</div> <div>LUNCH</div> <div>Southwest Style Cobb, Salad w Smoky Chipotle Dressing, Monkey Bread Muffins</div> <div>DINNER</div> <div>Garlic Lemon Herb Mediterranean Chicken w/ Potatoes, Steamed White Rice, Peaches and Cream Cobble</div> </div>	<div>2</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, French Toast w Drunken Berries & Cream, Scrambled Eggs</div> <div>LUNCH</div> <div>Creamy Tomato Soup w/ Chicken & Vegetables, Apple Cranberry Crisp</div> <div>DINNER</div> <div>Pulled Pork Sliders, Lentil Soup, Apple Pie</div> </div>
<div>3</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Egg in a Blanket, Corned Beef Hash, Bacon, Toast/Jelly, Sliced Bananas</div> <div>LUNCH</div> <div>Pineapple Ham, Scalloped Potato, Vegetable Medley, Apple Pie</div> <div>DINNER</div> <div>Baked Rigatoni, Garlic Bread, Chef Salad, Lemon Pudding</div> </div>	<div>4</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Blueberry Pancake w/ Syrup, Pork Link Sausage, Melon</div> <div>LUNCH</div> <div>New York Hot Dog, Seasoned Fries, Caramelized Onions, Potato Chips, Vanilla Pudding</div> <div>DINNER</div> <div>Gousse D'Ail, Cheese Broccoli Soup, Caesar Salad, Mexican Jell-O</div> </div>	<div>5</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Scrambled Eggs, Hash Browns, Hot Buttered Toast, Sliced Peaches</div> <div>LUNCH</div> <div>Pork Roast, Teriyaki, Hawaiian Fried Rice, Seasoned Pea Pods</div> <div>DINNER</div> <div>Butternut Squash, Soup, Grilled Cheese Sandwich, Creamsicle Cheesecake</div> </div>	<div>6</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Biscuits & Gravy, Crispy Bacon, Plain Cottage Cheese, Sliced Bananas</div> <div>LUNCH</div> <div>Easy Meatloaf, Garlic Green Beans w/ Parmesan, Baked Roll, Strawberry Yogurt</div> <div>DINNER</div> <div>Mushroom Chicken Bites, Cauliflower Parsnip, Soup, Peanut Butter Banana Pudding</div> </div>	<div>7</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Breakfast Casserole, French Toast Sticks, Cottage Cheese, Grapes</div> <div>LUNCH</div> <div>Creamy Dijon Chicken Thighs w/ Bacon & Spinach, Steamed White Rice, Pan Asian Stir Fry, Peach Slices</div> <div>DINNER</div> <div>Zuppa Toscana, Challah Bread, Caesar Salad w/ Meatballs, Strawberry Quinoa Parfait</div> </div>	<div>8</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Vegetable Omelet, Pork Link Sausage, Cinnamon Raisin English Muffins</div> <div>LUNCH</div> <div>Moroccan Couscous, Creamy Herb Chicken, Garlic Parmesan Roasted Broccoli & Green Beans, Tapioca Pudding</div> <div>DINNER</div> <div>Hearty Chicken Noodle Soup, French Dinner Roll, Chocolate Pudding</div> </div>	<div>9</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Breakfast Potato, Classic Omelet, Bacon, Cottage Cheese w/ Stewed Prunes</div> <div>LUNCH</div> <div>Turkey N Gravy, Smashed Sweet Potato, Cranberry Relish, Pumpkin Pie</div> <div>DINNER</div> <div>Classic Pot Roast, Mexican Black Bean Salad, Sliced Pears</div> </div>
<div>10</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Coffee Cake Scrambled Eggs, Stewed Prunes</div> <div>LUNCH</div> <div>Creamy Garlic Breast, Cold Turkey with Mango and Honey Dressing</div> <div>DINNER</div> <div>Slow Cooker Beef Ragu, Garlic Bread Garlic Sesame Soy Sauce Broccoli Lemon Meringue Pie</div> </div>	<div>11</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Tater Tot Breakfast Casserole, Cottage Cheese with Strawberries</div> <div>LUNCH</div> <div>Creamy Mushroom Chicken Pasta, Honey Garlic Butter Roasted Carrots, Vanilla Ice Cream</div> <div>DINNER</div> <div>Vegetable Soup, Garlic Pita Wedges, Sweet Potato and Carrot Bake, Chocolate Pudding</div> </div>	<div>12</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Best Breakfast Potatoes Ever, Sausage, Toast/Jelly</div> <div>LUNCH</div> <div>Sun Dried Tomato, Cheesy Meatballs, Warm Roast Vegetables, Couscous Salad, Pear Slices</div> <div>DINNER</div> <div>Creamy Gnocchi, Sausage Kale Soup, French Dinner Roll, Strawberry Jell-O</div> </div>	<div>13</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Breakfast Combread Casserole w/ Ham & Kale, Sliced Bananas</div> <div>LUNCH</div> <div>Spinach Artichoke, Stuffed Chicken Breast, Black Pepper Crab, Salad, Blueberry Yogurt</div> <div>DINNER</div> <div>Pulled Beef Board, Toasty Roasted Cauliflower, Apple and Hazelnut Galette</div> </div>	<div>14</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Cream Brulee French Toast w/ Drunken Strawberries, Scrambled Eggs w/ Bacon</div> <div>LUNCH</div> <div>Honey Garlic Butter Salmon, Sticky Rice, Fig & Freekeh Salad, Pumpkin Pie</div> <div>DINNER</div> <div>Cabbage Soup w/ Beef, Egg Salad Sandwich w/ Avocado & Watercress, Blackberry and Lemon Fool</div> </div>	<div>15</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Cranberry-Apple Oatmeal, French Toast Sticks, Sausage</div> <div>LUNCH</div> <div>Juicy Beef Brisket, Garlic Mashed Cauliflower, Vegetable Tagine, Salad, Cookies and Cream Ice Cream</div> <div>DINNER</div> <div>Chicken Fricassee, Oriental String Beans, Basic Creamy Potato, Salad, Chocolate Mousse</div> </div>	<div>16</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Baked Eggs in Hash Browns, Cottage Cheese w/ Blueberries</div> <div>LUNCH</div> <div>Smoked Chicken & Fig Salad, Carrot. Quinoa & Spinach Soup, Saltine Crackers, Lemon Pudding</div> <div>DINNER</div> <div>Creamy Tomato Tortellini Soup w/ Spinach, Cheese Grilled Sandwich, Apple and Blackberry Charlotte</div> </div>
<div>17</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Veggie Breakfast Tacos, Crispy Bacon, Banana Slices</div> <div>LUNCH</div> <div>Chicken Quesadilla w/ Creamy Cilantro Sauce, Chopped Mexican Salad w/ Cilantro & Lime Dressing, Double Chocolate Chip Muffin</div> <div>DINNER</div> <div>Creamy Corn & Pea Pasta Salad, Loaded Mexican Egg & Cheese Melt, Vanilla Pudding</div> </div>	<div>18</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Easy Breakfast Skillet, Cottage Cheese w/ Strawberry Slices, Toast/Jelly</div> <div>LUNCH</div> <div>Turkey Lasagna, Garlic Bread, Garden Salad, Baked Oats</div> <div>DINNER</div> <div>French Onion Soup, Garlic Bread, Banana Cake with Cream Cheese</div> </div>	<div>19</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Cranberry-Apple Oatmeal, Sausage, Scrambled Egg</div> <div>LUNCH</div> <div>Crispy Battered Fish, Homemade Baked French Fries, Fish Chowder Soup, Chocolate Pudding</div> <div>DINNER</div> <div>Cream of Mushroom Soup, French Dinner Roll, Apple Crumble</div> </div>	<div>20</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Cheese & Sausage Omelet, Crispy Bacon, Sliced Peaches</div> <div>LUNCH</div> <div>Creamy Lemon Chicken Pasta, Greek Kale Salad w/ Lemon Olive Oil Dressing, Peach Cobbler</div> <div>DINNER</div> <div>Broccoli Mac & Cheese, Chipotle Chicken, Grilled Cheese Sandwich, Butternut Squash Bread w/ Raisins</div> </div>	<div>21</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Turkish Breakfast Eggs, Sausage, Toast/Jelly</div> <div>LUNCH</div> <div>Cheesesteak Stuffed Peppers, Cheddar Pesto Panini Melts, Carrot Cupcake</div> <div>DINNER</div> <div>Creamy Chicken Tortilla Soup, Pita Bread, Poached Plums</div> </div>	<div>22</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Blueberry Pancakes Scrambled Eggs, Stewed Prunes</div> <div>LUNCH</div> <div>Ground Beef & Cheese Pasta, Avocado Tuna Salad, Pear & Blackberry' Crumble</div> <div>DINNER</div> <div>Beef Stew, Saltine Crackers, Skinny Baked Cauliflower Tots, Cinnamon-Stewed Apple</div> </div>	<div>23</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Brioche Breakfast Bake w/ Crispy Bacon, Grapes</div> <div>LUNCH</div> <div>One Pan Fajita Chicken, Creamy Avocado Egg Salad, Pumpkin Cheesecake Bars</div> <div>DINNER</div> <div>Garlic Parmesan Zoodles, Pesto Grilled Cheese, Tapioca Pudding</div> </div>
<div>24</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Pear and Blueberry Oatmeal, Scrambled Eggs, Crispy Bacon</div> <div>LUNCH</div> <div>Mexican Rice, Casserole, Grilled Chicken Parmesan, Vanilla ice Cream</div> <div>DINNER</div> <div>Slow Cooker Potato Soup, Tuna Melt Sandwich, Chocolate Mousse</div> </div>	<div>25</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Potato & Spring Onion Breakfast, Pancakes, Scrambled Eggs w/ Bacon</div> <div>LUNCH</div> <div>Garlic Herb Chicken & Sweet Potato, Curried Cauliflow, Blueberry & Zucchini Cake</div> <div>DINNER</div> <div>Simple Bolognese, Tomato & Cucumber Salad, Lemon Pudding</div> </div>	<div>26</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Easy Banana Muffins, Sausages, Stewed Prunes</div> <div>LUNCH</div> <div>Beef Shepherd's Pie, Dairy-Free Creamed Corn, Strawberry Cream Cheese Cobbler</div> <div>DINNER</div> <div>Maple Roasted Squash Salad, Baked Ham & Cheese Sandwich, Strawberry Coffee Cake</div> </div>	<div>27</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Gordon's Eggs Benedict, Crispy Bacon, Cottage Cheese</div> <div>LUNCH</div> <div>Spaghetti A la Carbonara, Chicken Waldorf Salad, Pumpkin Pie</div> <div>DINNER</div> <div>Garlic Mushroom, Chicken Thighs, Crispy Garlic Baked, Potato Wedges, Peach Muffins</div> </div>	<div>28</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Easy Egg Muffins, Sausages, Yogurt w/ Banana Slices</div> <div>LUNCH</div> <div>Baked Penne w/ Roasted Vegetables, Cookies & Cream Ice Cream</div> <div>DINNER</div> <div>Italian Meatball Soup, Reuben Sandwich, Vanilla Pudding</div> </div>	<div>29</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Chocolate Porridge, Crispy Bacon, Peach Slices</div> <div>LUNCH</div> <div>Southwest Style Cobb, Salad w/ Smoky Chipotle Dressing, Monkey Bread Muffins</div> <div>DINNER</div> <div>Garlic Lemon Herb Mediterranean Chicken w/ Potatoes, Steamed White Rice, Peaches and Cream Cobbler</div> </div>	<div>30</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, French Toast w/ Drunken Berries & Cream, Scrambled Eggs</div> <div>LUNCH</div> <div>Creamy Tomato Soup w/ Chicken & Vegetables, Apple Cranberry Crisp</div> <div>DINNER</div> <div>Pulled Pork Sliders, Lentil Soup, Apple Pie</div> </div>
<div>31</div> <div> <div>BREAKFAST</div> <div>Hot & Cold Cereal, Egg in a Blanket, Corned Beef Hash, Bacon, Toast/Jelly, Sliced Bananas</div> <div>LUNCH</div> <div>Scary Good Halloween Feast</div> <div>DINNER</div> <div>Baked Rigatoni, Garlic Bread, Chef Salad, Lemon Pudding</div> <div>Halloween</div> </div>						