

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Halloween Special 2 ● Hot Dog w/ Chili, Onions & Cheese (M) WG Bun (W) Baked Beans Potato Salad (E) Cinnamon Applesauce	Tuna Salad Sandwich 3 (F,E) Lettuce, Tomato, & Onion WW Bread (W) Bayou Coleslaw (E) Tomato Basil Soup (S,M) Fresh Apple	Chicken Tinga (S) 4 Spanish Brown Rice Pinto Beans Pineapple Slaw w/ Carrots (E) Tropical Soup	Pork with Ginger and Pineapple Sauce 5 (SE,W) Brown Rice Stir Fry Vegetables (M,E,W,P,T,S,F,SF,SE) Fresh Pear	Beef Stroganoff 6 (W,S,M,F) WG Rotini (W,S) Italian Vegetables French Onion Soup (W,S,M,F) Fresh Orange
Special 9 Chicken Tikka Masala (S,M) Brown Rice Carrots Cabbage Fresh Apple Heavenly Coconut Pudding (M)	● Swedish Meatballs 10 WG Penne (S,W,M) Mixed Vegetables Marinated Cucumber Salad Cream of Mushroom Soup (M) Fresh Citrus	11 Closed	Tuna Au Gratin 12 WG Pasta (F,W,S,M) Stewed Tomatoes Winter Vegetables Tuscan White Bean Soup WW Roll (W,S)/Butter (M) Fresh Apple	Sliced Roasted Turkey 13 w/ Gravy (M) Garlic Whipped Potatoes (M) Garlic Spinach WW Roll (W,S)/Butter (M) Fruit Cocktail
Japanese Beef 16 Curry (W,S,F) Brown Rice Green Beans w/ Red Peppers Cauliflower Cream Soup (M) Tossed Salad w/ Sesame Dressing (E,SE,S,W) Fresh Pear	Potato Crushed Fish 17 (F,W) Lyonnaise Potatoes (S) Key Largo Vegetables Cream of Broccoli Soup (M,S,W) WW Roll (W,S)/Butter (M) Fresh Orange	Special 18 ● Chicken Cordon Bleu (M,S,W) Au Gratin Potatoes Carrots (W,S,M) WW Roll (W,S)/Butter (M) Tropical Fruit Chocolate Chip Cookie (E,W,M,S)	Roasted Chicken w/ Gravy (M) 19 Garlic Whipped Potatoes (M) Green Beans WW Roll (W,S)/Butter (M) Peaches	Turkey Chili Mac 20 (W,S,M) Carrots Green Peas WW Roll (W,S)/Butter (M) Tropical Fruit
Cuban Pork 23 Sandwich (M,E,W,P,T,S,F,SF,SE) Black Beans Carrot Mandarin Salad (M,E) Citrus Fruit	24 Closed	25 Closed	26 Closed	27 Closed
Thanksgiving Special 30 Sliced Roasted Turkey W/ Gravy (M) Garlic Whipped Potatoes (M) Mixed Fruit WW Roll (W,S)/Butter (M) Pumpkin Cake (M,S,W) Cranberry Sauce	Potato Crusted Fish 1 (F,W) Tartar Sauce (E) Herbed Brown Rice Brussel Sprouts Tossed Salad W/Caesar Dressing (E,F,M,S) Fresh Apple	Pork al Pastor 2 Salsa Mexican Street Corn Salad (M) Fiesta Vegetables WF Tortilla (W,S) Fresh Pear	Chicken Thigh 3 Soy Ginger Sauce Brown Rice Green Peas Asian Slaw Fresh Pear	Beef Chili w/Beans 4 Corn Italian Vegetables WW Roll (W,S)/Butter (M) Tropical Fruit



This kitchen prepares meals with: tree nuts (T), peanuts (P), soy (S), sesame (SE), eggs (E), milk (M), fish (F), shellfish (SF), wheat (W), and other gluten-containing products. We cannot guarantee that the menu items are allergen-free.



Meals are typically 760 mg or less. Any meals exceeding 1,000 mg are labeled with a blue dot (•) to represent the salt intake. It is recommended to have 2,300 mg or less daily.



All meals are served with low fat milk.



INNOVATIVE HEALTH SOLUTIONS