



Monday	Tuesday	Wednesday	Thursday	Friday
Please call to cancel the meal at least a day in advance 801-229-3802	Suggested contribution \$4/meal Menu subject to change	Low fat milk (12) is provided with each meal Number in parentheses represent carbohydrate count	1 Grilled Hamburgers with Fresh Baked Bun (17) Hot Potato Salad (19) Pork and Beans (25) Applesauce (14)	2 Teriyaki Chicken Bowl (8) Quinoa (21) Steamed Broccoli (04) Mandarin Oranges (11) Fresh Baked Roll (16)
5 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Tropical Fruit (14) Tortilla Chips (18)	6 BBQ Pulled Pork (03) Au Gratin Potatoes (15) Coleslaw (14) Pineapple (7) Fresh Baked Roll (16)	7 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	8 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Applesauce (14) Broccoli (04) Green Salad (2) Fresh Baked Roll (15)	9 Chicken Parmesan With Basil Marinara Sauce and Spaghetti (30) Green Beans (02) Diced Peaches (18) Garlic Bread (16)
12 NO MEAL  Columbus Day	13 Malibu Chicken with Honey Mustard Sauce (13) Au Gratin Potatoes (22) Green Beans (04) Fresh Baked Roll (16) Jell-O with Fruit (22)	14 Oven Roasted Pork (00) Beets (06) Loaded Mashed Potatoes (15) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)	15 Sloppy Joe with Bun (18) Black Beans (16) Mixed Veggies (12) Cottage Cheese with Mixed Fruit (19) Green Salad (2)	16 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (26) Carrots (06) Fresh Baked Roll (15) Pears (19)
19 Country Fried Steak (29) Mashed Potatoes & Gravy (27) Broccoli (04) Fresh Baked Roll (15) Fresh Apple (28)	20 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)	21 Cold Cut Subs Honey Cured Ham, Roasted Turkey with Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit Cocktail (13)	22 Creamed Chicken over White Rice (30) Green Beans (11) Pineapple Tidbits (17) Fresh Baked Roll (16)	23 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Diced Peaches (19) Cornbread (28)
26 Swedish Meatballs (39) White Rice (21) California Veggies (04) Salad (02) Roll (16) Applesauce (28) Brownie (23)	27 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	28 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Peas (12) Mandarin Oranges with Cottage Cheese (28) Fresh Baked Roll (15)	29 Oven Roasted Chicken (01) Over Quinoa (21) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)	30 My Mummy's Chili (3) Corn and Carrots (18) Corn Bread (28) Cottage Cheese & Fruit (28) Halloween Cookie Bar (15)