

October Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	2 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm
5 MEATLOAF AND GRAVY 18gm MASHED POTATOES 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	6 HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	7 SPINACH PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 16gm FRUIT MUFFIN 16gm	8 CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	9 CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm
12 SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	13 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	14 PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	15 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm WHOLE GRAIN ROLL 35gm	16 DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm
19 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	20 BEEF CHILI 22gm WAX BEANS & PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	21 QUICHE LORRAINE WITH BACON 4gm POTATOES O"BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	22 VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	23 SPAGHETTI & MEATSAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm
26 PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm HAMBURGER BUN 21 gm	27 SHEPHERDS PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	28 FRENCH TOAST BAKE 27gm RUTABAGA HASH 48gm SAUSAGE LINKS 0gm WHOLE GRAIN ROLL 35gm	29 MEAT LASAGNA 49gm CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	30 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm WHOLE GRAIN ROLL 35gm



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

