

October 2024 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Oct BREAKFAST A. Grilled Turkey Sausage Links B. French Toast C. Pancakes D. Bacon LUNCH A. Basil Baked Fish B. Pasta Provencal C. Teriyaki Chicken DINNER A. Baha Fish Tacos B. Baked Mexican Chicken C. Beef Stir Fry	2 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Grilled Pork Chops B. Cajun Meatloaf C. Parmesan Cod DINNER A. Fish Onion-Lemon Baked B. Simmered Beef C. Cajun Chicken	3 Oct BREAKFAST A. Turkey Bacon B. Bacon C. Pancakes D. French Toast LUNCH A. Pork Adobo B. Spinach Lasagna C. Baked Florentine Turkey Roulade DINNER A. Baked Salmon B. Pineapple BBQ Meatballs C. Chicken Parmesan	4 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Stuffed Green Peppers B. Oven Fried Chicken C. Cheese Manicotti DINNER A. Turkey and Spinach Meatloaf B. Crispy Oven Baked Chicken C. Parmesan Cod	5 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Baked Chicken B. Beef Bulgogil C. Shrimp Scampi DINNER A. Honey Ginger Chicken B. Salisbury Steak C. Cheese Manicotti
6 Oct BREAKFAST A. Turkey Bacon B. French Toast C. Pancakes D. Bacon LUNCH A. Stir Fry Chicken w/ Broccoli B. Teriyaki Steak C. Shrimp Stir-Fry DINNER A. Baked Fish B. Pasta Primavera C. Teriyaki Chicken	7 Oct BREAKFAST A. Turkey Bacon B. Bacon C. Pancakes D. French Toast LUNCH A. Simmered Beef B. Southwestern Sweet Potatoes Black Beans & Corn C. Parmesan Cod DINNER A. Spaghetti w/Turkey Meat Sauce B. Beef Stew C. Baked Fish w/Lemon Garlic Butter	8 Oct BREAKFAST A. Grilled Turkey Sausage Links B. French Toast C. Pancakes D. Bacon LUNCH A. Chili Mac B. Basil Baked Fish C. Oven Fried Chicken DINNER A. Pork Roast Tenderloin B. Baja Baked Cod C. Pasta Provencal	9 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Shrimp Kabob B. Ginger BBQ Chicken C. Lemon Basil Pasta DINNER A. Marinated Tomatoes w/ Penne And Basil B. Sweet Chili BBQ Meatballs C. Sweet & Spicy Orange Salmon	10 Oct BREAKFAST A. Turkey Bacon B. Bacon C. Pancakes D. French Toast LUNCH A. Honey Mustard Chicken B. Ziti with Meat Sauce C. Baked Fish DINNER A. Hot and Spicy Chicken B. Pasta Toscano C. Cantonese Spareribs	11 Oct BREAKFAST A. Grilled Turkey Sausage Links B. French Toast C. Pancakes D. Bacon LUNCH A. Polish Sausage B. Baked Salmon C. Hamburger Yakisoba DINNER A. Roast Beef B. Shrimp Scampi C. German Chicken Schnitzel	12 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Santa Fe Glazed Chicken B. Baked Dijon Pork Chop C. Beef Ball Stroganoff DINNER A. Salmon w/Maple Ginger Glazw B. Turkey Chili Macaroni C. Pasta Primavera
13 Oct BREAKFAST A. Turkey Bacon B. French Toast C. Pancakes D. Bacon LUNCH A. Cheese Manicotti B. Creole Shrimp C. Lemon Pepper Baked Chicken DINNER A. Lemon Baked Fish B. Beef Pot Pie C. Herbed Baked Chicken	14 Oct BREAKFAST A. Turkey Bacon Sausage B. Bacon C. Pancakes D. French Toast LUNCH A. Savory Baked Chicken B. Stuffed Green Peppers C. Tuna Noodles DINNER A. Southwestern Sweet Potatoes, Black Beans and Corn B. Beef Stew C. Cajun Chicken	15 Oct BREAKFAST A. Turkey Bacon B. French Toast C. Pancakes D. Bacon LUNCH A. Meatloaf B. Baked Fish C. Baked Chicken DINNER A. BBQ Beef Cubes B. Southwestern Fish C. Beef Fajitas	16 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Lemon Basil Shrimp Pasta B. Jamaican Chicken C. Roast Pork Tenderloin DINNER A. Grilled Steak B. Mediterranean Salmon C. Oven Fried Chicken	17 Oct BREAKFAST A. Turkey Sausage B. Bacon C. Pancakes D. French Toast LUNCH A. Honey Ginger Chicken B. BBQ Brisket C. Grilled Salmon w/ Citrus Butter DINNER A. Crispy Oven Baked Chicken B. Roast Beef C. Parmesan Crusted Cod	18 Oct BREAKFAST A. Grilled Turkey Sausage B. French Toast C. Pancakes D. Bacon LUNCH A. Chicken Florentine B. Italian Broccoli Pasta C. Stuffed Baked Prok Chops DINNER A. Savory Baked Chicken B. Oven Fried Fish C. Turkey Chili Mac	19 Oct BREAKFAST A. Turkey Bacon B. French Toast C. Pancakes D. Bacon LUNCH A. Hot & Spicy Chicken B. Ziti with Meat Sauce C. Shrimp Scampi DINNER A. Beef Stir Fry B. Baked Stuffed Fish C. Chicken Bulgogi
20 Oct BREAKFAST A. Turkey Sausage B. French Toast C. Pancakes D. Bacon LUNCH A. Shrimp Jambalaya B. Southern Fried Chicken C. Turkey Lasagna DINNER A. Baked Dijon Pork B. Chili Mac C. Baked Salmon	21 Oct BREAKFAST A. Grilled Turkey Sausage B. Bacon C. Pancakes D. French Toast LUNCH A. Roast Beef B. Chicken Cordon Bleu C. Pasta Primavera DINNER A. Turkey Nuggets B. Beef and Corn Pie C. Baked Chicken	22 Oct BREAKFAST A. Turkey Bacon B. French Toast C. Pancakes D. Bacon LUNCH A. Pepper Steak B. Tuna Noodles C. BBQ Chicken DINNER A. Steak Ranchero B. Sweet and Spicy Orange Salmon C. Chicken Enchilada	23 Oct BREAKFAST A. Turkey Sausage B. French Toast C. Pancakes D. Bacon LUNCH A. Beef Brogoul B. Fish Onion-Lemon Baked C. Pork Adobo DINNER A. Hamburger Yakisoba B. Cranberry Glazed Chicken C. Baja Baked Cod	24 Oct BREAKFAST A. Turkey Sausage B. French Toast C. Pancakes D. Bacon LUNCH A. Turkey Spinach Meatloaf B. Marinated Tomatoes with Penne and Basil C. Pineapple BBQ Meatballs DINNER A. BBQ Beef Cubes B. Chicken Enchilada C. Baked Florentine Turkey Roulade	25 Oct BREAKFAST A. Turkey Bacon B. Bacon C. Pancakes D. French Toast LUNCH A. Swiss Steak w/ Brown Gravy B. Baked Salmon C. Hot & Spicy Chicken DINNER A. Lasagna B. Chicken Cacciatore C. Italian Broccoli Pasta	26 Oct BREAKFAST A. Grilled Turkey Sausage Links B. French Toast C. Pancakes D. Bacon LUNCH A. Honey Siracha Chicken B. Chili Mac C. Shrimp Scampi DINNER A. Jamaican Chicken B. Braised Spareribs C. Grilled Salmon w/Citrus Butter
27 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Corned Beef B. Baja Baked Cod C. Honey Mustard Chicken DINNER A. Mediterranean Salmon B. Polish Sausage C. Swedish Meatballs	28 Oct BREAKFAST A. Turkey Bacon B. Bacon C. Pancakes D. French Toast LUNCH A. Oriental Pepper Steak B. Chicken Parmesan C. Baked Fish w/Lemon Garlic Butter DINNER A. Pork Roast Tenderloin B. Tuna Noodles C. Savory Baked Chicken	29 Oct BREAKFAST A. Grilled Turkey Sausage Links B. French Toast C. Pancakes D. Bacon LUNCH A. Basil Baked Fish B. Pasta Provencal C. Teriyaki Chicken DINNER A. Baha Fish Tacos B. Baked Mexican Chicken C. Beef Stir Fry	30 Oct BREAKFAST A. Grilled Turkey Sausage Patty B. French Toast C. Pancakes D. Bacon LUNCH A. Grilled Pork Chops B. Cajun Meatloaf C. Parmesan Cod DINNER A. Fish Onion-Lemon Baked B. Simmered Beef C. Cajun Chicken	31 Oct BREAKFAST A. Turkey Bacon B. Bacon C. Pancakes D. French Toast LUNCH A. Pork Adobo B. Spinach Lasagna C. Baked Florentine Turkey Roulade DINNER A. Baked Salmon B. Pineapple BBQ Meatballs C. Chicken Parmesan		
<p>* Breakfast entrees are served with hard boiled eggs, breakfast potatoes, brown rice, oatmeal & a biscuit.</p> <p>* All entrees are accompanied with one starch, two vegetable sides and bread.</p> <p>* Salad is a daily entree option for RoM lunch and dinner.</p> <p>* Lettered Entrees are RoM Menu items.</p> <p>* All menu items may be subject to change</p>						

MONTHLY PRODUCTION CALENDAR