MENU	Meal $4.00 60+	Non-Senior Meal $8.50	Meals served w/1% milk
Cortez	Salad Bar each meal		
Oct-18			
MONDAY	WEDNESDAY	THURSDAY	FRIDAY
1	3	4	5
Swedish Meatballs	Beef Taco Salad/Salsa	Italian Sausage	Crunchy Baked Talapia
Whipped Potatoes/Gravy	Zucchini & Tomatoes	Pasta	Coleslaw
Bran Muffin	Wheat Tortilla	Italian Veggies	Mixed Veggies
Mexicorn	Salad	Bread Sticks	Wheat Roll
Grapes	Fresh Berries/Ice Cream	Baked Apples/Cinnamon	Pineapple/Mandarin Orange
Chocolate Cake/Ice Cream			
	La Plata	LaPlata	LaPlata
8	10	11	12
Chicken Pot Pie	HAMBURGER SOUP	Seafood Pasta Salad	CORNED BEEF W/ BROTH
Broccoli	CHICKEN SALAD / CRACKERS	Tomatoe/Cumber Salad	PARSLED POTATOES
Biscuit	WHEAT ROLL	Wheat Crackers	CABBAGE & CARROTS
Apricots/Pineapple	CHOCOLATE CAKE	Bran Muffin	WHEAT ROLL
		Mandarin Orange	SUGAR COOKIE
			BANANA
15	17	18	19
HAM & BEANS	BBQ PORK RIBS	SMOTHERED CHICKEN	TATOR TOT CASSEROLE
CORN BREAD	POTATO SALAD	CORNBREAD STUFFING	TOSSED VEGETABLE SALAD
BROCCOLI	CORN	COLESLAW	ACORN SQUASH
CARROTS	SPINACH	PEAS	WHEAT ROLL
BANANA	BRAN MUFFIN	WHEAT ROLL	PEARS
	MANDARINE ORANGE JELLO	PLUMS	
22	24	25	26
STUFFED GREEN PEPPERS	PARMESAN CRUSTED SALMON	CHUCKWAGON STEAK	RIBS & SAUERKRAUT
ROSEMARY POTATOES	STEAMED BROCCOLI	CREAM GRAVY	POTATO SALAD
CARROTS	WILD RICE PILAF	ROASTED POTATOES	Tomato Garbanzo Salad
VANILA YOUGART	BANNANA PUDDING	CALIFORNIA BLEND VEGETABLES	MELON & CANTALOPE CUP
STRAWBERRY PARAIT		TOSSED SALAD	WHEAT ROLL
		RAISIN NUT CUP	Birthday Day
		PINEAPPLE ORANGE CAKE	
29	31		
CANADIAN BACON& PINEAPPLE PIZZA	HAM		
GREEN BEANS	MACRONI & CHEESE		
TOSSED SALAD	BROCCOLI		
SLICED APPLES	WALDORF SALAD		
OATMEAL RAISIN COOKIE	CHOCOLATE PUDDING		
	BRAN MUFFIN		
	Halloween Party all sites!!		