

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 American Chop Suey, dinner salad	2 Roasted chicken, rice & dinner salad	3	4	5
6	7 No Meal Holiday	8 Shepard's Pie with dinner salad	9 Chili, baked potato,	10	11	12
13	14 Tuna & egg salad over a bed of greens with tomato & cucumber	15 Chicken Cacciatore over penne pasta with dinner salad	16 Minestrone Soup & small Cesar salad	17	18	19
20	21 Baked Scrod, baked potato, cole-slaw	22 Breakfast for dinner! French toast, home fries, ham	23 Vegetable soup with dinner roll	24	25	27
28	29 Soft Tacos, rice & beans	30 Meatballs & ziti, salad & Italian bread				