

October 2022

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

Select Option A: or Option B:

Mon	Tue	Wed	Thu	Fri
A: Beef Stew 3 B: Seafood Chowder  California Blend Vegetable Fresh Pear	A: Chicken Chop Suey 4 B: Pork Chow Mein  Brown Rice Oriental Vegetables Aloha Coleslaw	A: Pork Fritter 5 B: Smothered Turkey Chops  Sweet Potatoes Green Beans Chocolate Pudding	A: Beef Stroganoff 6 B: Chicken Parmesan  Penne Pasta Scandinavian Blend Lettuce Salad	A: Honey Garlic Chicken 7 B: Salmon with Chili Mango  Roasted Potatoes Sugar Snap Peas Blueberry Muffin
A: Turkey Stew 10 B: White Beans Ham, onions  Capri Vegetable Blend Pound Cake	A: Hungarian Beef Goulash 11 B: Sweet Potato Pollock  Egg Noodles Broccoli Cuts Fruit Cocktail Salad	A: Jerk Chicken 12 W/ Fire-Roasted Pineapple B: Beef Tips W/ Mushrooms  Brown Rice Roasted Zucchini Three Bean Salad	A: Herb Pork Chop 13 B: Herb Crusted Cod  Roasted Red Potatoes Green Peas Festive Fruit Salad	A: Italian Meatballs, 14 Tomato and Mozzarella B: Cheese Tortellini in Pesto Bowtie Pasta Italian Vegetable, Pear
A: Chicken Marsala 17 B: Pot Roast  Mashed Potatoes Carrots Cheesecake	A: Sweet and Sour Pork 18 B: Sesame Chicken  Brown Rice Vegetable Egg Roll Spinach Salad	A: Turkey Sandwich 19 B: Pulled BBQ Pork  Rosemary Roasted Potatoes Mixed Vegetables Macaroni Salad	20  A: Chicken and Dumplings B: Chili Con Carne w/ Macaroni  Green Beans Pumpkin Mousse	21  A: Polish Sausage & Cabbage B: Cajun Catfish Parsley Potatoes Winter Blend Vegetable Orange
24 A: Diced Pork in Cream Sauce B: Bruschetta Chicken  Rainbow Rotini Scandinavian Vegetable Brown Bean Salad	A: Turkey with Gravy 25 B: Breaded Pollock Florentine  Cornbread Stuffing Peas and Carrots Apple	A: BBQ Chicken 26 B: Salisbury Steak  Macaroni and Cheese Corn Sweet Potato Salad	A: Pork Loin w/ Fried Apples 27 B: Bourbon Chicken Thighs  Creamy Polenta Roasted Brussel Sprouts Chocolate Brownie	A: Beef with Broccoli 28 B: Teriyaki Salmon  Brown Rice Blended Vegetable Tropical Pineapple
A: Meatloaf 31 B: Chicken Leg  Mashed Potatoes Creamed Corn Fruit Ambrosia			<b><i>All meals come with milk or juice, a dinner roll or sandwich bun, and a butter cup</i></b>	CANCELLATIONS-CALL <b>219-872-9117</b> before 10am the day before <b><u>Entrée subject to change based on client diet.</u></b>

Every effort will be made to provide your selected meal, but occasionally you may be served another meal due to diet restriction or other circumstances.