



**Connections AAA - Congregate
October 2018**

Monday 10/1/2018	Tuesday 10/2/2018	Wednesday 10/3/2018	Thursday 10/4/2018	Friday 10/5/2018
BBQ Pork Rib Patty Oven Roasted Sweet Potatoes Mixed Vegetables Wheat Hamburger Bun Pears Coffee Milk BBQ Sauce	Oven Fried Chicken Whipped Potatoes Chicken Gravy Green Beans Dinner Roll Fresh Fruit Coffee Milk Margarine	Beef Chili with Beans Baked Potato Broccoli Cinnamon Roll Coffee Milk Margarine (2) Sour Cream	Chicken Fettuccini # Mixed Green Salad Baby Carrots Garlic Breadstick # Mixed Fruit Cobbler Coffee Milk Margarine Ranch Dressing	Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Peaches Coffee Milk Margarine (2)
Monday 10/8/2018	Tuesday 10/9/2018	Wednesday 10/10/2018	Thursday 10/11/2018	Friday 10/12/2018
Roast Beef Brown Gravy Mashed Red Potatoes Green Peas Wheat Roll Birthday Cake Coffee Milk Margarine	Turkey Ham and White Beans Capri Vegetable Blend Cornbread Peach Cobbler Coffee Milk Margarine	Beef Spaghetti Casserole Italian Vegetable Blend Mixed Green Salad Dinner Roll Hot Cinnamon Applesauce Coffee Milk Margarine Italian Dressing	Breaded Pollock Parslied Potatoes Lima Beans Wheat Hamburger Bun Fresh Fruit Coffee Milk Margarine Tartar Sauce	Chicken & Dumplings Baked Sweet Potato Seasoned Green Beans Biscuit Pineapple Tidbits Coffee Milk Margarine (2)
Monday 10/15/2018	Tuesday 10/16/2018	Wednesday 10/17/2018	Thursday 10/18/2018	Friday 10/19/2018
Meatloaf Tomato Gravy Red Potatoes French Green Beans Dinner Roll Fresh Fruit Coffee Milk Margarine	Garlic Rosemary Chicken Confetti Rice Harvard Beets Wheat Roll Fig Bar # Coffee Milk Margarine	Taco Meat Shredded Cheese Lettuce & Tomato Pinto Beans Mexican Corn Flour Tortillas (2) Tropical Fruit  Milk Taco Sauce Sour Cream	Turkey Breast Turkey Gravy Whipped Potatoes Parslied Carrots Dinner Roll Raspberry Cheesecake Pudding # Coffee Milk Margarine	Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Wheat Hamburger Bun Pineapple Tidbits Coffee Milk
Monday 10/22/2018	Tuesday 10/23/2018	Wednesday 10/24/2018	Thursday 10/25/2018	Friday 10/26/2018
Potato Crusted Fish Mashed Red Potatoes Green Peas Dinner Roll Fresh Fruit Coffee Milk Margarine Tartar Sauce	Pizza Casserole Italian Vegetable Blend Multi Grain Bread Cherry Cobbler Coffee Milk Margarine	Baked Chicken Breast Blackberry BBQ Sauce Baked Sweet Potato Cabbage Dinner Roll Fruited Gelatin Coffee Milk Margarine (2)	Shepherd's Pie Mixed Green Salad Broccoli Wheat Roll Hot Spiced Apples Coffee Milk Margarine Ranch Dressing	Liver and Onions or Beef with Onion Gravy Mashed Red Potatoes Succotash Wheat Roll Oatmeal Cookie Coffee Milk Margarine
Monday 10/29/2018	Tuesday 10/30/2018	Wednesday 10/31/2018 <i>Halloween Meal</i>	**MENU SUBJECT TO CHANGE WITHOUT NOTICE**	
Baked Chicken Breast Savory Apricot Sauce Cheesy Whipped Potatoes Diced Beets Wheat Roll Fruit Cocktail Coffee Milk	Beef Pepper Casserole # Green Peas Baby Carrots Dinner Roll Fresh Fruit  Coffee Milk Margarine	Pulled BBQ Pork Au Gratin Potatoes Mixed Vegetables Hamburger Bun Oreo Brownie Orange Frosting Milk		



Indicates Meal is High in Sodium

- Indicates New Menu Item