

Connections AAA -

October 2023

MONDAY 10/2/2023	TUESDAY 10/3/2023	WEDNESDAY 10/4/2023	THURSDAY 10/5/2023	FRIDAY 10/6/2023
Country Fried Steak Country Gravy Broccoli Whipped Potatoes White Bread Fresh Seasonal Fruit Beverage Mix Margarine	Chicken Stuffing Casserole Poultry Gravy Whipped Sweet Potatoes Green Beans Wheat Bread Pineapple Tidbits Beverage Mix Margarine	Sliced Turkey Breast Poultry Gravy Whipped Potatoes Peas & Carrots White Bread Baked Cookie Beverage Mix	Beef Stroganoff Diced Beets Whole Kernel Corn Wheat Roll Pudding Beverage Mix Margarine	Sliced Ham Cheddar Cheese Potato Salad Green Pea Salad Hamburger Bun Applesauce Beverage Mix
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
Baked Meatballs Brown Gravy Egg Noodles Harvard Beets Multi Grain Bread Fruit Cocktail Cake Beverage Mix	Ham & White Beans Glazed Carrots Green Beans Cornbread Pudding Beverage Mix Margarine	Roast Beef Brown Gravy Whipped Potatoes Green Peas White Bread Oreo Brownie Beverage Mix Margarine	Potato Crusted Pollock Parslied Potatoes Mixed Vegetables White Bread Fresh Seasonal Fruit Beverage Mix Margarine Tartar Sauce	Sloppy Joe Baby Red Potatoes Baked Beans Hamburger Bun Fluffy Fruit Salad Beverage Mix Margarine
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
Homemade Meatloaf Tomato Gravy Whipped Potatoes Cabbage/Carrots Dinner Roll Baked Cookie Beverage Mix Margarine	Chicken Noodle Casserole Stewed Tomatoes White Bread Hot Applesauce Beverage Mix	Turkey Breast Poultry Gravy Whipped Potatoes Mixed Vegetables White Bread Pudding Beverage Mix Margarine	Beef Stew Green Peas Biscuit Peach Crisp Beverage Mix Margarine	Chili Baked Potato Whole Kernel Corn Cornbread Applesauce Beverage Mix Margarine (2) Sour Cream
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
Baked Chicken Supreme Sauce Whipped Potatoes Roasted Brussels Sprouts Dinner Roll Pudding Beverage Mix Margarine	Goulash Green Beans Sliced Carrots Garlic Breadstick Lemon Bar Beverage Mix Margarine	Baked Chicken Tomato Basil Sauce Scalloped Potatoes Broccoli White Bread Fresh Seasonal Fruit Beverage Mix Margarine	Liver & Onions or Hamburger Patty Brown Gravy Whipped Potatoes Carrots Dinner Roll Baked Cookie Beverage Mix Margarine	BBQ Chicken Whipped Sweet Potato Mixed Vegetables Hamburger Bun Gelatin Beverage Mix
10/30/2023	10/31/2023 <i>Halloween</i>			
Cheese Omelet Hashbrown Casserole Blueberry Muffin Orange Juice Hot Spiced Apples Beverage Mix Margarine	Philly Cheese Steak Au Gratin Potatoes Whole Kernel Corn Hamburger Bun Oreo Brownie Orange Frosting Beverage Mix			
				 TRIO Community Meals an elior company