

Connections AAA - Congregate

October 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1/2019	10/2/2019	10/3/2019	10/4/2019
	Liver and Onions or Beef with Onion Gravy Whipped Potatoes Lima Beans Dinner Roll Carnival Cookie Coffee Milk Margarine	BBQ Chicken Baked Sweet Potato Broccoli Wheat Bread Fruited Gelatin Coffee Milk Margarine	Pork Loin Supreme Sauce Whipped Potatoes Mixed Vegetables Multi Grain Bread Fruit Cocktail Coffee Milk Margarine	Cranberry Chicken Salad Green Pea Salad Potato Chips Croissant Fresh Seasonal Fruit Coffee Milk
10/7/2019	10/8/2019	10/9/2019	10/10/2019	10/11/2019
Hot Ham and Cheese Potato Wedges Mixed Vegetables Hamburger Bun Cranapplesauce Coffee Milk	Oven Fried Chicken Whipped Potatoes w/Gravy Green Beans Wheat Bread Fresh Fruit Coffee Milk Margarine	Beef Chili with Beans Baked Potato Broccoli with Cheese Cinnamon Roll Coffee Milk Margarine (2) Sour Cream	Chicken Fettuccini Tossed Salad Carrots Garlic Breadstick Fruit Cocktail Cake Coffee Milk Ranch Dressing Margarine	Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Fresh Fruit Coffee Milk Margarine
10/14/2019	10/15/2019	10/16/2019	10/17/2019	10/18/2019
Roast Beef Brown Gravy Whipped Potatoes Lima Beans Wheat Roll Birthday Cake Ice Cream Coffee Milk Margarine	Turkey Ham & White Beans Carrots Cornbread Peach Cobbler Coffee Milk Margarine	Beef Spaghetti Casserole Italian Vegetable Blend Tossed Salad Texas Bread Cinnamon Applesauce Coffee Milk Margarine Italian Dressing	Breaded Pollock Parslied Potatoes Whole Kernel Corn Wheat Hamburger Bun Fresh Fruit Coffee Milk Margarine Tartar Sauce	Chicken A La King Baked Sweet Potato Seasoned Green Beans Biscuit Pineapple Tidbits Coffee Milk Margarine (2)
10/21/2019	10/22/2019	10/23/2019	10/24/2019	10/25/2019
Homemade Meatloaf Tomato Gravy Mashed Red Potatoes Stewed Tomatoes Dinner Roll Fig Bar Coffee Milk Margarine	Garlic Rosemary Chicken Baked Potato Harvard Beets Wheat Roll Fresh Fruit Coffee Milk Margarine Sour Cream	Beef Enchilada Casserole Lettuce & Tomato Refried Beans Mexican Corn Mandarin Oranges Milk Taco Sauce Sour Cream	Turkey Breast Turkey Gravy Whipped Potatoes Parslied Carrots Dinner Roll Raspberry Cheesecake Pudding Coffee Milk Margarine	Sloppy Joe Au Gratin Potatoes Mixed Vegetables Wheat Hamburger Bun Pineapple Tidbits Coffee Milk Margarine
10/28/2019	10/29/2019	10/30/2019	10/31/2019	
Breaded Pollock Scalloped Potatoes Creamed Peas Wheat Bread Oatmeal Cookie Coffee Milk Margarine Tartar Sauce	Baked Chicken Breast Blackberry BBQ Sauce Baked Sweet Potato Green Beans Dinner Roll Lemon Fruited Gelatin Coffee Milk Margarine (2)	Beef Stew Tossed Salad Biscuit Cherry Red Betty Coffee Milk Margarine Ranch Dressing	Halloween Meal Pulled BBQ Pork Au Gratin Potatoes Mixed Vegetables Hamburger Bun Orange Frosted Oreo Brownie Milk BBQ Sauce	