

OCTOBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pot Roast Rosemary Potatoes Peas & Carrots	2 Split Pea Soup & Ham Sandwich	3 Baked Cod Wild Brown Rice Wilted Spinach	4 Spaghetti Garlic Bread Roasted Veggies	5
6	7	8 Tamale Pie Spanish Rice Pinto Beans	9 Chicken & Dumplings & Wheat Bread	10 Baked Salmon Red Beans Potato Salad	11 Elk Gravy Rice Roasted Veg.	12
13	14 CLOSE IPD	15 Chicken Fried Steak Mashed Potatoes Broccoli Spears	16 Pork Roast Potato Medley Roasted Kale	17 Beef Stew & Wheat Rolls	18 Italian Chicken w/ Pasta Garlic Bread Roasted Carrots	19
20	21	22 Chicken Chopped Salad Garlic Sticks	23 Oven BBQ Chicken Baked Beans Cornbread	24 Tomato Soup & Grilled Cheese	25 Veal Schnitzel Mashed Potatoes Corn	26
27	28	29 Chicken Noodle Soup Tuna Sandwich	30 Pasta & Roasted Veg. & Coconut Shrimp	31 Hot Dog Mummies & Turkey Chili		