

Friendly Fork, October 2018 Menu

1	Chicken Breast on a Wheat Bun with Lettuce, Tomato, Onion, and Mayonnaise, Sugar Snap Peas with Red Peppers, Roasted Red Potatoes, Mango Crisp, Milk 1%
2	Beef Tips over Mashed Potatoes, Peas and Water Chestnuts, Spinach/Garbanzo Salad, Raspberry Vinaigrette, Apple-Banana-Grapes, Milk 1%
3	Krautburger, Parsley Buttered New Potatoes, Spicy Mustard, California Blend Vegetables, Orange Slices, Fig Bar, Milk 1%
4	Split Pea Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Lettuce and Tomato, Aztec Black Bean Salad, Carrot Cake with Cream Cheese Icing, Milk 1%
5	Chicken Pot Pie with Wheat Biscuit, Spinach/Strawberry Poppy Seed Salad, Pineapple Tidbits and Mandarin Oranges, Nut Cup, Milk 1%
8	Meatloaf, Gravy, Mashed Potatoes, Gravy, Peas, Wheat Roll, Butter, Melon Mix, Milk 1%
9	Turkey and Dumplings, Garlic Mashed Potatoes, Mandarin Oranges and Bananas, Fruity Nut Granola Bar, Milk 1%
10	Baked Chicken & Noodles, Spinach and Garbanzo Bean Salad, Raspberry Vinaigrette, Apple-Orange-Grapes, Dill Roll, Butter, Crispy Rice Treat with Peanuts-Cranberries, Milk 1%
11	Barbecued Pork on a Wheat Bun, Oven Brownd Potatoes, Asparagus, Corn & Roasted Red Pepper Blend, Pears, Milk 1%
12	Roast Beef & Gravy, Baked Potato, Sour Cream, Butter, Orange-Almond-Spinach Salad, Wheat Roll, Butter, Apple Wedges, Milk 1%
15	Crunchy Oven Baked Chicken, Gravy, Walnut Rice Mix, Parslied Carrots, Pineapple-Strawberries, Raisin Bran Muffin, Butter, Milk 1%
16	Salmon/Dill Sauce, Lemon, Roasted Potatoes, Green Beans/Tomatoes, Fruit Mix-Red Grapes, Chocolate Zucchini Muffin, Butter, Milk 1%
17	Seafood Pasta Salad, Wheat Crackers, Spinach Salad with Mandarin Oranges and Poppy Seed Dressing, Grapes, Fruity Nut Bar, Milk 1%

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18	Salisbury Steak, Mashed Potatoes, Broccoli & Cauliflower, Wheat Pumpkin Roll, Butter, Oranges Slices, Milk 1%
19	Chicken with Apples, Creamy Mushroom Rice Pilaf, Asparagus Amandine, Whole Wheat Roll, Butter, Orange-Apricot-Banana Mix, Milk, 1%
22	Hamburger on a Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Baked Beans, Ambrosia, Dried Fruit Nut Cup, Milk 1%
23	Vegetable Soup, Wheat Crackers, Egg Salad/Multigrain Bread, Lettuce/Tomato, Peaches-Frozen Whole Strawberries, Cranberry-Apple Bread Pudding, Milk 1%
24	Greek-Style Meatballs, Parsley Penne Pasta, Outasight Salad, Orange Wedges, Banana Muffin, Butter, Milk 1%
25	Fish on a Wheat Bun, Lettuce and Tomato, Tarter Sauce, Roasted Sweet Potato, Creamy Coleslaw, Oatmeal Raisin Cookie, Milk 1%
26	Stuffed Pepper Casserole, Carrot Coins, Pears, Wheat Roll, Butter, Pistachio Pudding, Milk 1%
29	Beef Stew, Pear-Cranberry-Cabbage Coleslaw, Biscuit, Butter, Mandarin Oranges-Pineapple, Ida's Pumpkin Bar, Milk 1%
30	Meat Lasagna, Italian Vegetables, Carrot Salad, Honey Wheat Roll, Butter, Peach Crisp, Milk 1%
31	Cold Meatloaf Sandwich, Mashed Potatoes, Gravy, Broccoli and Carrots, Pear Halves, Rocky Road Pudding, Ketchup, Milk 1%