

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Happy Halloween!			1 Crispy Chicken Sandwich w/Lettuce & Tomato, French Fries	2	3 
4 Tuna Salad w/ Cucumbers, Fixings, and Cookies	5 Smothered Pork Chop Cabbage Macaroni & Cheese Cornbread Pie.	6 Beef Stew w/ Tomatoes, Carrots & Peas. Green Salad w/ Dressing Fresh Fruit	7 Roasted Chicken Cornbread, Dressing, Broccoli & Sweet Potato Pie	8 Bacon Cheeseburger w/ Lettuce & Tomato French Fries Fresh Fruit	9	10
11 Salmon Chowder: Corn Salad, Roll, & Fresh Fruit.	12 Jambalaya Over Rice: Collard Greens, Cornbread and Fresh Fruit.	13 Meatloaf Mashed Potatoes w/ Gravy Green Beans, Roll, & Fresh Fruit.	14 Fried Catfish Corn Coleslaw, Whole Wheat Bread, & Pound Cake.	15 Tomato Basil Soup w/ Turkey cheese Sandwich on Rust Bread w/Lettuce & Tomato, Chips, & Fruit.	16 	17 November 19 th GD Featuring: Mercedes Nicole 6 pm – 9 pm, CASC \$20/\$25/\$30
18 Chicken Noodle Soup: Green Salad, Roll & Fruit.	19 Pork Roast Mashed Potatoes w/ Gravy, Carrots, Whole Wheat Roll, & Cookie.	20 Beef Teriyaki: Broccoli, Rice, Fortune Cookie, & Fresh Fruit	21 Chicken & Turkey Sausage Gumbo: Cabbage, Cornbread & B-Day Cake. 	22 Seafood Lasagna: Roasted Vegetable, Garlic Bread, & Cookie	23	24
25 Beef & Bean Chili: Green Salad, Cornbread, & Cookie	26 Fried Chicken: Green Beans, Potato Salad, Roll, & Fruit	27 Street Tacos w/ Skirt Steak Onions, Cilantro, Salsa, & Fresh Fruit.	28 Red Beans & Rice w/ Smoked Turkey, Mustard Greens, Cornbread, & Cookie	29 Selah's B-Day Fish & Chips: Coleslaw, & Fresh Fruit 	30 	31 Happy Birthday Selah Brown!

