

October 2006



STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> ● Cream of Chicken ● The Salad Works ● Classic Deli Cuts ● Chicken Piccata ● Fresh Broccoli ● Rice Pilaf ● Beef Ravioli ● Fudge Brownie 	3 <ul style="list-style-type: none"> ● Tortilla Soup ● The Salad Works ● Classic Deli Cuts ● King Ranch Casserole ● Mexican Rice ● Squash Medley ● Fish Tacos ● Mexican Flan 	4 <ul style="list-style-type: none"> ● Cream of Potato ● The Salad Works ● Classic Deli Cuts ● Grilled Chicken ● Grilled Mixed Veggies ● Rice Pilaf ● Macaroni and Cheese ● Wheat Rolls ● Assorted Seasonal Fruit 	5 <ul style="list-style-type: none"> ● Italian Wedding Soup ● The Salad Works ● Classic Deli Cuts ● Spaghetti ● Meatballs ● Chicken Parmesan ● Garlic Bread ● Sautéed Green Beans ● Carnival Cookie 	6 <p style="text-align: center; color: green; font-size: 1.2em;">In-Service</p> <p style="text-align: center; color: green; font-size: 1.2em;">No Classes</p>
9 <p style="text-align: center; color: magenta; font-size: 1.2em;">Holiday</p>	10 <ul style="list-style-type: none"> ● Cream of Broccoli ● The Salad Works ● Classic Deli Cuts ● Mom's Meatloaf ● Mashed Potatoes ● Sautéed Brussel Sprouts ● Broiled Hamburgers ● Jell-o 	11 <ul style="list-style-type: none"> ● Chicken Noodle ● The Salad Works ● Classic Deli Cuts ● Baked Ham ● Glazed Sweet Potatoes ● Zucchini ● Pasta Prima Vera ● Banana Pudding 	12 <ul style="list-style-type: none"> ● Vegetable Soup ● The Salad Works ● Classic Deli Cuts ● Marinated Pork Loin ● Baked Potato Bar ● Steamed Peas and Carrots ● Grilled Cheese/ Wheat ● Assorted Seasonal Fruit ● Apple Crisp 	13 <ul style="list-style-type: none"> ● Chicken Gumbo ● The Salad Works ● Classic Deli Cuts ● Poached Mahi Mahi ● Fried Hush Puppies ● Cole Slaw ● Baked Fish Sticks ● Pinto Beans ● Ginger Bread
16 <ul style="list-style-type: none"> ● Navy Bean Soup ● The Salad Works ● Classic Deli Cuts ● Chicken Quesadillas ● Vegetarian Soft Tacos ● Cilantro Rice ● Steamed Carrots ● Assorted Ice Cream 	17 <ul style="list-style-type: none"> ● Wonton Soup ● The Salad Works ● Classic Deli Cuts ● Beef & Broccoli ● Stir Fry Rice ● Steamed Peas ● Sweet & Sour Pork ● Veggie Egg Roll ● Fortune Cookie 	18 <ul style="list-style-type: none"> ● Turkey & Rice Soup ● The Salad Works ● Classic Deli Cuts ● Beef Stroganoff/ Mushroom Sauce ● White Rice ● Roasted Veggies ● Chicken Nuggets ● Assorted Seasonal Fruit ● Fresh Baked Wheat Roll 	19 <ul style="list-style-type: none"> ● Mushroom Soup ● The Salad Works ● Classic Deli Cuts ● Roasted Herb Chicken ● Tater Tots ● Green Bean Casserole ● Reuben Sandwich ● Apple Bites 	20 <ul style="list-style-type: none"> ● Crab Bisque ● The Salad Works ● Classic Deli Cuts ● Salmon Patties ● Steamed Corn ● Okra ● Macaroni & Cheese ● Sloppy Jo's
23 <ul style="list-style-type: none"> ● Mango Soup ● The Salad Works ● Classic Deli Cuts ● Chicken Alfredo ● Squash & Zucchini ● Zesty Sauce / Meatball Subs ● Fresh Baked Cookie 	24 <ul style="list-style-type: none"> ● Clam Chowder ● The Salad Works ● Classic Deli Cuts ● Red Snapper ● Brown Rice ● Fresh Broccoli ● Mangia! Mangia! Pizza ● Snicker Doodles 	25 <ul style="list-style-type: none"> ● Mushroom Barley ● The Salad Works ● Classic Deli Cuts ● Country Scramble ● Hash Browns ● Turkey Sausage ● Steamed Carrots ● French Dip Sandwich 	26 <ul style="list-style-type: none"> ● Ginger Soup ● The Salad Works ● Classic Deli Cuts ● BBQ Chicken ● Fresh Vegetables ● Corn on the Cobb ● Chicken Po-boys ● Assorted Seasonal Fruit ● Bread Pudding 	27 <ul style="list-style-type: none"> ● Seafood Gumbo ● The Salad Works ● Classic Deli Cuts ● Popcorn Shrimp ● French Fries ● Caesar Bar ● Sautéed Asparagus ● Chicken Pot Pie ● Rice Krispy Treats
30 <ul style="list-style-type: none"> ● Tomato Soup ● The Salad Works ● Classic Deli Cuts ● Broccoli & Alfredo Sauce over Baked Ziti ● Mixed Veggies ● Veggie Wraps ● Assorted Seasonal Fruit 	31 <p style="text-align: center; font-size: 1.5em;">Happy Halloween</p> <ul style="list-style-type: none"> ● Pumpkin Soup ● The Salad Works ● Classic Deli Cuts ● Hot dog ● Ham Steaks ● Steamed Artichokes ● Scalloped potatoes 			