

Fall Winter Menu- October, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Pot Roast, Mashed Potato, Carrots & Pearl Onions <u>EVE MEAL</u> : Onion Soup, Salami & Provolone Sandwich, 3 Bean Salad	2. Seafood Newburgh, Brown Rice, Peas <u>EVE MEAL</u> : Clam Chowder, BLT, TaterTots	3. Beef & Vegetable Stew, Biscuit <u>EVE MEAL</u> Italian Wedding Soup, Grilled Ham & Cheese, Carrot Raisin Salad
4. Roast Pork, Baked Potato, Asparagus <u>EVE MEAL</u> : Tomato Soup, Lobster Roll, Coleslaw	5. Beef Pot Pie, Mashed Potato, Beets <u>EVE MEAL</u> : Cream Of Mushroom Soup, Turkey Salad Sandwich, Marinated Tomato & Purple Onions	6. Chicken Parmesan, Pasta, Steamed Baby Carrots, Italian Bread <u>EVE MEAL</u> : Pasta Fagoli Soup, Veggie Burger, Sliced Tomato & Lettuce, Potato Chips	7. Portuguese Chicken & Seafood Stew over White Rice <u>EVE MEAL</u> : Chicken Noodle Soup, Grilled Cheese & Tomato, Tossed Salad	8. N.E. Boiled Dinner: Corned Beef, Cabbage, Carrots, Boiled Potatoes <u>EVE MEAL</u> : Onion Soup, Ham Salad Sandwich, Italian Pasta Salad	9. Baked Scrod, Baked Potatoes, Broccoli <u>EVE MEAL</u> : Clam Chowder, Stuffed Quahogs, French Fries, Tarter Sauce	10. American Chop Suey, Italian Mixed Vegetables, Garlic Bread <u>EVE MEAL</u> : Italian Wedding Soup, Hot Dogs, Baked Beans, Brown Bread
11. Roast Tenderloin of Beef, O'Brien Potato, Peas & Pearl Onions, Mushroom Gravy <u>EVE MEAL</u> : Tomato Soup, Egg Salad Sandwich , Sliced Tomato, Potato Chips	12. Chicken Française, Mashed Potato, Baby Spinach <u>EVE MEAL</u> : Cream Of Mushroom Soup, Fish Sandwich, Steak Fries, Tartar Sauce	13. Stuffed Peppers, Green Beans, Garlic Bread <u>EVE MEAL</u> : Minestrone Soup, Meatball Sub, Tossed Salad	14. Beef & Vegetable Stew, Biscuits <u>EVE MEAL</u> : Onion Soup, Tuna Salad Roll, Potato Chips	15. Glazed Ham Steak, Sweet Potatoes, Cauliflower, Pineapple Sauce <u>EVE MEAL</u> : Chicken Noodle Soup, Chicken Salad Sandwich, Tossed Salad	16. Poached Salmon, Hollandaise Sauce, Boiled Red Potatoes, Peas <u>EVE MEAL</u> : Clam Chowder, Hot Pastrami On Marble Rye, Dill Pickle, Potato Chips	17. Chicken Cordon Blue, Baked Potato, Carrots <u>EVE MEAL</u> : Italian Wedding Soup, Take Out Pizza, Tossed Salad
18. Roast Turkey, Butternut Squash, Mashed Potato, Stuffing, Gravy, Cranberry Sauce <u>EVE MEAL</u> : Minestrone Soup, Cottage Cheese Fruit Plate w/ Homemade Fruit Bread	19. Meatloaf w/ Mushroom Gravy, Mashed Potato, Broccoli <u>EVE MEAL</u> : Pasta Fagoli Soup, Sliced Chicken Sandwich, Tossed Salad	20. Meat Lasagna, Wax Beans, Garlic Bread <u>EVE MEAL</u> : Tomato Soup Grilled Cheese, Bread & Butter Pickles	21. Pork & Vegetable Stir Fry over White Rice <u>EVE MEAL</u> : Chicken Noodle Soup, Quiche, Tossed Salad	22. Beef Stroganoff, Egg Noodles, Steamed Baby Carrots <u>EVE MEAL</u> : Onion Soup, Creamed Chicken on Toast, Sliced Tomato & Lettuce	23. Shrimp Scampi over Angel Hair, Broccoli <u>EVE MEAL</u> : Clam Chowder, Macaroni & Cheese, Stewed Tomatoes	24. Stuffed Shells with Ricotta, Spaghetti Sauce, Peas, Garlic Bread <u>EVE MEAL</u> : Italian Wedding Soup, Hot Dog on a Bun, Baked Beans
25. Salisbury Steak, Mashed Potatoes, Gravy, Wax Beans <u>EVE MEAL</u> : Tomato Soup, Sliced Ham Sandwich, Marinated Onion, Tomato & Cucumber	26. Swordfish w/ Lemon Butter, Mediterranean Orzo, Baby Spinach <u>EVE MEAL</u> : Corn Chowder , Grilled Chicken Caesar Salad	27. Roast Chicken Pieces, Roast Red Potatoes, Green Beans, Cranberry Sauce <u>EVE MEAL</u> Minestrone Soup, Seafood Salad Roll, Pickled Beets	28. Spaghetti & Meat balls, Green Beans, Garlic Bread <u>EVE MEAL</u> : Chicken Noodle Soup, Breaded Chicken Sandwich, Slice Tomato And Lettuce, Tater Tots	29. Pot Roast, Mashed Potato, Carrots & Pearl Onions <u>EVE MEAL</u> : Onion Soup, Salami & Provolone Sandwich, 3 Bean Salad	30. Seafood Newburgh, Brown Rice, Peas <u>EVE MEAL</u> : Clam Chowder, BLT, TaterTots	31. Beef & Vegetable Stew, Biscuit <u>EVE MEAL</u> Italian Wedding Soup, Grilled Ham & Cheese, Carrot Raisin Salad

*** ALL MEALS SERVED WITH MILK, COFFEE OR TEA. ALL DESSERTS CHOICE OF FRUIT OR DESSERT OF THE DAY ***