

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
BRUNCH	LUNCH	LUNCH	LUNCH	IRISH HERITAGE MEAL	LUNCH	BRUNCH
Jerk Roast Turkey (Green)	Southwestern Fish (Green)	Turkey Nuggets (Green)	Cranberry Glazed Chicken (Green)	Beef & Corn Pie	Stuffed Green Peppers (Green)	Baked Fish w/Lemon Garlic Butter (Green)
Swiss Steak w/Brown Gravy (Red)	Herbed Baked Chicken (Yellow)	Shrimp Jambalaya (Yellow)	Southern Fried Catfish (Yellow)	Corned Beef	Fiesta Fish (Yellow)	Asian Bourbon Beef & Vegetables over Noodles (Red)
	Chili Mac (Red)	Hot Italian Sausage (Red)	BBQ Brisket (Red)	Knockwurst	Bourbon Chicken (Red)	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Caribbean Chicken (Green)	Pepper Steak (Green)	Turkey Swedish Meatballs (Green)	Grilled Salmon w/Citrus Butter (Green)	Southwestern Shrimp Linguine (Green)	Polynesian Fillet (Green)	Chicken Fajitas (Green)
Shrimp Chop Suey (Yellow)	Salmon w/Maple Ginger Glaze (Yellow)	Shrimp Scampi (Yellow)	Ground Turkey Lasagna (Yellow)	Mr. Z's Baked Chicken (Yellow)	Braised Beef & Noodles (Yellow)	Beef Pot Pie (Red)
	Chicken Cordon Bleu (Red)	Ground Beef Enchiladas (Red)	Cantonese Spareribs (Red)	Sweet and Sour Spareribs (Red)	Mambo Pork Roast (Red)	
8	9	10	11	12	13	14
BRUNCH	LUNCH	LUNCH	LUNCH	ASIAN HERITAGE MEAL	LUNCH	BRUNCH
Turkey Breast Fillet (Green)	Santa Fe Glazed Chicken (Green)	Fish Veracruz (Green)	Ginger BBQ Chicken (Green)	Beef Yakisoba	Eggplant Parmesan (Green)	Grilled Salmon w/Citrus Butter (Green)
Caribbean Catfish (Yellow)	Spaghetti w/Meat Sauce (Yellow)	Chicken Fajitas (Yellow)	Baked Salmon (Yellow)	Chicken Teriyaki	Savory Baked Chicken (Yellow)	Teriyaki Chicken (Yellow)
	Fried Shrimp (Red)	Asian Bourbon Beef & Vegetables over Noodles (Red)	Sweet and Sour Spareribs (Red)	Oriental Steak	Cantonese Spareribs (Red)	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Caribbean Chicken (Green)	Basil Baked Fish (Green)	Southwestern Fish (Green)	Turkey A La King (Green)	Cajun Fish (Green)	Turkey Nuggets (Green)	Beef Stir Fry (Green)
Shrimp Chop Suey (Yellow)	Teriyaki Pork Steak (Yellow)	Beef Stew (Yellow)	Mediterranean Salmon (Yellow)	Baked Chicken (Yellow)	Fiesta Fish (Yellow)	Southern Fried Catfish (Yellow)
	Chicken Cordon Bleu (Red)	Southern Fried Chicken (Red)	BBQ Brisket (Red)	Yankee Pot Roast (Red)	Chili Mac (Red)	
15	16	17	18	19	20	21
BRUNCH	LUNCH	LUNCH	LUNCH	HISPANIC HERITAGE MEAL	LUNCH	BRUNCH
Honey Ginger Chicken (Green)	Baja Baked Cod (Green)	Lemon Basil Shrimp Pasta (Green)	Pork Roast Tenderloin (Green)	Chicken Fajitas	Polynesian Fillet (Green)	Spinach Lasagna (Green)
Beef Yakisoba (Red)	Pepper Steak (Green)	Spicy Chicken Shawarma (Yellow)	Mediterranean Salmon (Yellow)	Beef Enchiladas	Beef Ball Stroganoff (Yellow)	Pork Adobo (Yellow)
	Mambo Pork Roast (Red)	Grilled Steak (Red)	Easy Chow Mein w/Chicken (Red)	Taco Lasagna	Chicken Cordon Bleu (Red)	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	Chicken Florentine (Green)	Turkey Breast Fillet (Green)	Chicken A La King (Green)	Southwestern Shrimp Linguine (Green)	Ginger BBQ Chicken (Green)	Fish Veracruz (Green)
Baked Fish w/Lemon Garlic Butter (Green)	Baked Salmon (Yellow)	Fish w/SouthWest Salsa (Green)	Basil Baked Fish (Green)	Mr. Z's Baked Chicken (Yellow)	Shrimp Jambalaya (Yellow)	Asian Bourbon Beef & Vegetables over Noodles (Red)
Mexican Baked Chicken (Yellow)	Hot Italian Sausage (Red)	Fried Shrimp (Red)	Beef Bulgogi (Red)	Sweet and Sour Spareribs (Red)	Syrian Beef Stew (Red)	
22	23	24	25	26	27	29
BRUNCH	LUNCH	LUNCH	LUNCH	GERMAN HERITAGE MEAL	LUNCH	BRUNCH
Jerk Roast Turkey (Green)	Southwestern Fish (Green)	Turkey Nuggets (Green)	Cranberry Glazed Chicken (Green)	Sauerbraten	Stuffed Green Peppers (Green)	Spinach Lasagna (Green)
Swiss Steak w/Brown Gravy (Red)	Herbed Baked Chicken (Yellow)	Shrimp Jambalaya (Yellow)	Southern Fried Catfish (Yellow)	Jaeger w/ mushrooms	Fiesta Fish (Yellow)	Pork Adobo (Yellow)
	Chili Mac (Red)	Hot Italian Sausage (Red)	BBQ Brisket (Red)	Bratwurst w/ Sauerkraut	Bourbon Chicken (Red)	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Mexican Baked Chicken (Green)	Pepper Steak (Green)	Turkey Swedish Meatballs (Green)	Grilled Salmon w/Citrus Butter (Green)	Pork Roast Tenderloin (Green)	Polynesian Fillet (Green)	Baked Fish w/Lemon Garlic Butter (Green)
Baked Fish w/Lemon Garlic Butter	Salmon w/Maple Ginger Glaze (Yellow)	Shrimp Scampi (Yellow)	Ground Turkey Lasagna (Yellow)	Baja Baked Cod (Green)	Braised Beef & Noodles (Yellow)	Asian BBQ Turkey (Red)
	Chicken Cordon Bleu (Red)	Ground Beef Enchiladas (Red)	Cantonese Spareribs (Red)	BBQ Chicken (Red)	Mambo Pork Roast (Red)	
30	31					
BRUNCH	LUNCH					
Turkey Breast Fillet (Green)	Santa Fe Glazed Chicken (Green)					
Beef Brogul (Red)	Spaghetti w/Meat Sauce (Yellow)					
	Fried Shrimp (Red)					
DINNER	DINNER					
Chicken Fajitas (Green)	Basil Baked Fish (Green)					
Beef Pot Pie (Red)	Teriyaki Pork Steak (Yellow)					
	Chicken Cordon Bleu (Red)					