

# Friendly Fork Daily Menu

## October 2024

Tuesday, October 1	Beef Lasagna, Garlic Bread, Balsamic Roasted Brussels Sprouts, Honeydew Melon, 1% Milk
Wednesday, October 2	Roasted Turkey Breast with Gravy, Vegetable Rice Pilaf, Seasoned Green Beans, Apple/Beet/Walnut Salad*, 1% Milk
Thursday, October 3	Austrian-Style Pork, Wheat Roll with Butter, Peas & Carrots, Grapes, 1% Milk
Friday, October 4	Beef Tacos on Wheat Tortillas with Lettuce, Cheese, Side of Sour Cream & Guacamole, Seasoned Black Beans, Honey Jalapeño Coleslaw, Pineapple, 1% Milk
Monday, October 7	Honey Balsamic Pork Loin with Roasted Red Pepper Sauce, Quinoa Tabbouleh, Cheesy Cauliflower, Apple, 1% Milk
Tuesday, October 8	Cream of Chicken & Wild Rice Soup, Turkey & Cheese Sandwich with Mustard & Mayo, Mixed Vegetables, Diced Cantaloupe, 1% Milk
Wednesday, October 9	Krautburger with Side of Mustard, California Blend Vegetables, Grapes, Gelatin*, 1% Milk
Thursday, October 10	Chicken Salad Sandwich on Wheat with Tomato, Vegetable Pasta Salad, Carrot Sticks with Spinach Artichoke Dip, Fresh Peach, 1% Milk
Friday, October 11	Beef & Mushroom Meatloaf, Mashed Potatoes & Beef Gravy, Wheat Roll with Butter, Broccoli & Carrots, Orange Slices, 1% Milk
Monday, October 14	Greek Lemon Chicken Thigh, Seasoned Potato Wedges, Mediterranean Pasta Salad, Apricots, 1% Milk
Tuesday, October 15	Hamburger on White Bun with Tomato, Onion, Ketchup, Mayo & Mustard, Low-Fat Cottage Cheese, Steamed Carrots, Cinnamon Applesauce, 1% Milk
Wednesday, October 16	Pork Green Chile Stew over Mexican Brown Rice with Pumpkin Seeds*, Black Bean & Corn Salad, Diced Mangoes, 1% Milk
Thursday, October 17	Beef Shepherd's Pie, Wheat Roll with Butter, Broccoli/Olive/Sundried Tomato Salad, Orange Slices, 1% Milk

Friday, October 18	Roasted Pork Loin with Gravy, Quinoa/Kale/Almond Sauté*, Roasted Cauliflower, Apple, Peach Crisp, 1% Milk
Monday, October 21	Beef & Broccoli Stir Fry over Mushroom Rice Pilaf, Vegetable Pork Egg Roll with Side of Soy Sauce, Pineapple, 1% Milk
Tuesday, October 22	Chipotle Pork, Refried Beans, Steamed Cabbage, Fruit Salad, Apple Cranberry Crisp, 1% Milk
Wednesday, October 23	Chicken Fried Steak with Mashed Potatoes & Country Gravy, Spinach Mandarin Orange Salad* with Oil & Vinegar, Fresh Plum, 1% Milk
Thursday, October 24	Chicken & Andouille Sausage Gumbo, Rice & Orzo Pilaf with Almonds*, Asparagus, Orange Slices, 1% Milk
Friday, October 25	Tuna Salad Sandwich on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup with Crackers, Honeydew Melon, 1% Milk
Monday, October 28	Chicken Caesar Entrée Salad with Parmesan Cheese & Croutons, Baked Sweet Potato with Butter, Diced Pears, Oatmeal Raisin Cookie, 1% Milk
Tuesday, October 29	Chicken Stroganoff, Breadstick, Seasoned Green Beans, Apricots, 1% Milk
Wednesday, October 30	Baked Tilapia with Lemon Butter Sauce, Side of Tartar Sauce, Macaroni & Cheese, Peas/Mushroom/Bacon Sauté, Banana, 1% Milk
Thursday, October 31	BBQ Pulled Pork Sandwich on White Bun, Baked Beans, Coleslaw, Diced Cantaloupe, Gelatin Parfait*, 1% Milk

\*Indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

