

OCTOBER 2023

| MON | TUE | WED | THU | FRI |
|--|---------------------------------|----------------------------------|--|--|
| 2 Curried Beef Stew with Chickpeas | 3 Hawaiian Chicken Kabobs | 4 Pierogies | 5 Chicken and Cheese Quesadilla | 6 NEW! Classic Turkey and Bacon Club Sandwich |
| 9 Lemony Chicken Picatta | 10 Sausage Ratatouille | 11 BBQ Chicken Thighs | 12 Hearty Beef Chili over Baked Potato with Cheddar Cheese | 13 Parmesan Crusted Tilapia |
| 16 Memphis Style Shredded Pork BBQ | 17 Chicken a la King | 18 Spaghetti and Meatballs | 19 Seafood Croquette | 20 Salisbury Steak with Mushroom Gravy |
| 23 Pesto Fettuccine with Shredded Chicken | 24 Quiche | 25 Grilled Bratwurst | 26 Diner Style Meatloaf | 27 Apple Butter Chicken |
| 30 Swedish Meatballs with Tangy Lingonberry Sauce | 31 Ghoul-ash | | | |