

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>October Motivation Tips!</i> - Regular, light exercise boosts endorphins, improves mood, and increases energy levels. - Engage in community groups, classes, or regular social visits to prevent loneliness and boost mental health. - It's never too late to learn a new hobby or revisit old ones!		1 Tomato Braised cabbage casserole 1/2c Garlic Mashed Potatoes 1/2c Seasoned Broccoli Dinner Roll Fresh Fruit (Apple) Milk/Margarine	2 1pc Breakfast Omelet 1/2c Herbed Breakfast Potatoes Mandarin orange Buttery Biscuit Milk/Margarine
5 Classic Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Steamed Seasoned Cauliflower Hamburger Bun Fresh Fruit (Banana) Milk/Margarine	6 3 oz. Braised Beef Pot Roast 2 fl. oz. Pan Gravy 1/2c Cheesy Mashed Potatoes 1/2c Vegetable Medley 1 Wheat Bread Fresh Fruit (Orange) Milk/Margarine	7 3 oz Chopped Beef Steak 2 fl. oz. Pan Gravy Buttered Rotini Pasta 1/2c Brussels Sprouts Dice Pears Milk/Margarine	8 6 oz. Cheddar Egg Scramble 1/2c Homestyle O'brien Potatoes Buttery Biscuit Orange Juice Milk/Margarine NEW ITEM	9 Chef's Grilled Chicken Salad 1c Cream of Broccoli Soup Cracker (1 pk) 1/2c Fruited Flavored Gelatin 1 Wheat Bread Dressing Packets (2) Milk/Margarine
12 3 oz. Ham with BBQ Glaze 1/2c Seasoned Green Peas 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw Milk/Margarine Hamburger Bun	13 6 oz. Sesame Orange Chicken over 3/4c Vegetable Fried Rice 1/2c Garlic Green Beans Fresh Fruit (Orange) Fresh Baked Cookie Milk/Margarine NEW ITEM	14 6 oz. Sloppy Joe 1/2c Winter Blend Vegetables 1/2c Golden Roasted Potatoes Hamburger Bun Milk/Margarine 	15 1/2c Creamy Chicken Salad Hamburger Bun 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Fresh Fruit (Apple) Milk/Margarine	16 3 oz. Roasted Turkey with Gravy 1/2c Garlic Mashed Potatoes 1/2c Buttered Carrots Dinner Roll Orange Juice Milk/Margarine
19 1c Chicken & Spaetzel Dumpling Soup 1c Garden Tossed Salad 1/2c Brown Sugar Glazed Carrots Buttery Biscuit 1/2c Mandarin Oranges Milk/Margarine NEW ITEM	20 1 Breakfast Omelet 1/4c Corn Beef Hash w/ Peppers/Onions 1/2c Cinnamon Brown Sugar Tri Color Sweet Potatoes 4 oz. Orange Juice Wheat Bread Milk/Margarine NEW ITEM	21 (4) Swedish Meatballs in Cream Sauce 1/2c Buttered Parsley Pasta 1/2c Steamed Seasoned Cauliflower 1/2c Fruit Medley Milk/Margarine	22 Hot Dog 1/2c Cheddar Cheese Potatoes 1/2c Seasoned Green Peas Hot Dog Bun 1 Cookie	23 6 oz. Grilled Chicken Cacciatore 1/2c Parmesan Garlic Broccoli 1/2c Buttered Pasta Fresh Fruit (Banana) Milk/Margarine
26 3 oz. BBQ Grilled Chicken Breast 1/2c Southern Collard Greens 1/2c Warm Spiced Apples w/ Oatmeal Dinner Roll Milk/Margarine	27 6 oz. Sausage Egg Scramble 1/2c Homestyle O'Brien Potatoes 4 oz. Orange Juice Buttery Biscuit Milk/Margarine NEW ITEM	28 (4) Meatballs Parmesan 1/2c Buttered Parsley Penne 1/2c Seasoned Broccoli 1/2c Pineapple Tidbits Milk/Margarine	29 4 oz. Chicken Philly Hoagie 1c Cream of Potato Soup 1c Garden Tossed Salad Hot Dog Bun Milk/Margarine 	30 3 oz. Tender Roast Beef w/ 2 oz. Pan Gravy 1/2c Mashed Potatoes 1/2c Winter Blend Vegetables White Bread Fresh Fruit (Banana) Milk/Margarine