

# October Dinner Menu

	<p>1 Baked Dijon Pork Chop Baked Salmon BBQ Chicken Brown Gravy Crispy Potato Wedges Islander Rice Roasted Cauliflower Spinach Peas and Carrots</p>	<p>2 Marinated Tomatoes With Penne And Basil Zesty Pork Chops Swiss Steak w/Brown Gravy Brown Gravy Spicy Brown Pilaf Rice Jefferson Noodles Brussel Sprouts Sautéed Collard Greens w/Garlic Roasted Carrots w/ Rosemary</p>	<p>3 Grilled Chicken w/ Mustard Sauce Yankee Pot Roast Shrimp Kebab Brown Gravy Hopping John Rice Baked Sweet Potato Summer Squash Au Gratin Grilled Asparagus Scalloped Corn</p>	<p>4 Fiesta Fish Turkey Swedish Meatballs Parmesan Crusted Pork Chop Mushroom Gravy Brown Rice w/Tomato Au Gratin Potatoes Boston Baked Beans Peas Cauliflower Parmesan</p>	<p>5 Baked Fish w/Lemon Garlic Butter Beef Ball Stroganoff BBQ Chicken Cream Gravy Baked Potato Halves Orzo with Lemon and Herbs Collard Greens Green Beans Corn Calico</p>	<p>6 Polynesian Fillet Hot and Spicy Chicken Brown Gravy Rosemary Roasted Potato Wedge Pork Fried Rice Corn Combo Fried Cabbage Roasted Cauliflower</p>
<p>7 Jerk Roast Turkey Creole Shrimp Turkey Gravy Long Grain &amp; Wild Rice Rissolle Potatoes Carrots Corn O'Brien Fried Cauliflower</p>	<p>8 Fish Veracruz Mexican Pork Chops Chicken Enchiladas Chicken Gravy Franconia Potatoes Mexican Rice Hacienda Corn and Black Beans Green Beans Garlic Peas</p>	<p>9 Pork Roast Tenderloin Chicken Cacciatore Pacific Salmon w/Maple Ginger Glaze Chicken Gravy Potatoes and Herbs Steamed Rice Grilled Asparagus Corn Tempura Vegetables</p>	<p>10 Southwestern Fish Beef Enchiladas Mr Z's Baked Chicken Chicken Gravy Baked Sweet Potato Spanish Rice Mexican Corn Hacienda Green Beans Spinach Club</p>	<p>11 Grilled Honey Sriracha Chicken Grilled Steak Grilled Salmon w/Citrus Butter Brown Gravy Baked Potato Halves Buttered Egg Noodles Herbed Green Beans Carrots Creamed Corn</p>	<p>12 Caribbean Chicken Shrimp Jambalaya Sweet and Sour Spareribs Chicken Gravy Crispy Potato Wedges Oriental Rice Mediterranean Lima Beans Summer Squash Peas and Carrots</p>	<p>13 Oriental Pepper Steak Terriyaki Pork Steak Brown Gravy Filipino Rice O'Brien Potatoes Mixed Vegetables Cauliflower Grilled Asparagus</p>
<p>14 Roast Beef Fried Shrimp Cream Gravy Mashed Potatoes Rice Pilaf Green Beans w/Mushroom Corn on the Cobb Zucchini Fritters</p>	<p>15 Baked Fish w/Lemon Garlic Butter Beef Ball Stroganoff Southern Fried Chicken Brown Gravy Brown Rice Buttered Egg Noodles Carrots French Style Peas Green Beans</p>	<p>16 Yankee Pot Roast Turkey A La King Grilled Pork Chops Onion Gravy Buttered Parsley Potatoes Steamed Rice Peas Roasted Cauliflower Corn Calico</p>	<p>17 Caribbean Chicken Salmon w/Maple Ginger Glaze Cantonese Spareribs Brown Gravy Red Beans &amp; Rice Franconia Potatoes Brussel Sprouts Savory Summer Squash Broccoli Combo</p>	<p>18 Honey Ginger Chicken Tuna Noodles Veal Parm Chicken Gravy Oven Browned Potatoes Steamed Rice Creamed Corn Broccoli Zucchini Fritters</p>	<p>19 Shrimp Chop Suey Sweet Chili BBQ Meatballs Sweet and Sour Spareribs Onion Gravy Roasted Pepper Potatoes Pork Fried Rice Japanese Stir Fry Vegetables Peas and Carrots Cauliflower</p>	<p>20 Chicken A La King Eggplant Parmesan Brown Gravy Brown Rice w/Tomato Rosemary Roasted Potato Wedge Roasted Carrots w/ Rosemary Garlic Peas French Green Beans</p>
<p>21 Pineapple BBQ Meatballs Fried Shrimp Brown Gravy Filipino Rice Mashed Potatoes Black Eyed Peas Okra Melange Grilled Asparagus</p>	<p>22 Santa Fe Glazed Chicken Fiesta Fish Cajun Meatloaf Turkey Gravy Baked Potato Islander Rice Broccoli Polonaise Corn Fried Cauliflower</p>	<p>23 Hot and Spicy Chicken Grilled Steak Pork Adobo Cream Gravy Roasted Pepper Potatoes Steamed Rice Sautéed Collard Greens w/Garlic Corn on the Cobb Mixed Vegetables</p>	<p>24 Baked Salmon Mexican Baked Chicken Ground Beef Enchiladas Chicken Gravy Crispy Potato Wedges Spanish Rice Hacienda Corn and Black Beans Peas w/ Mushrooms and Onions Summer Squash</p>	<p>25 Cajun Chicken Stuffed Green Peppers Creole Shrimp Brown Gravy Potatoes and Herbs Jefferson Noodles Succotash Collard Greens Fried Okra</p>	<p>26 Pork Roast Tenderloin Grilled Honey Sriracha Chicken Beef Yakisoba Brown Gravy Baked Sweet Potato Steamed Rice Herbed Green Beans Scalloped Corn Tempura Vegetables</p>	<p>27 Baja Fish Tacos Herbed Baked Chicken Brown Gravy Spicy Brown Pilaf Rice Corn Bread Dressing Green Beans Cauliflower Parmesan Glazed Carrots</p>
<p>28 Marinated Tomatoes With Penne And Basil Shrimp Jambalaya Brown Gravy Baked Mac and Cheese Baked Potato Halves Corn Combo Spinach Savory Summer Squash</p>	<p>29 Polynesian Fillet Asian BBQ Turkey Terriyaki Pork Steak Cream Gravy Filipino Rice Buttered Egg Noodles Sesame Glazed Green Beans Corn on the Cobb Carrots</p>	<p>30 Baja Baked Cod Chicken Fajitas Steak Ranchero Onion Gravy Red Beans &amp; Rice O'Brien Potatoes Refried Beans Mexican Corn Broccoli</p>	<p>31 Beef and Corn Pie Lemon Pepper Catfish Baked Turkey and Noodles Cream Gravy Oven Browned Potatoes Rice Pilaf Peas w/ Mushrooms and Onions Broccoli Combo Spinach Club</p>			