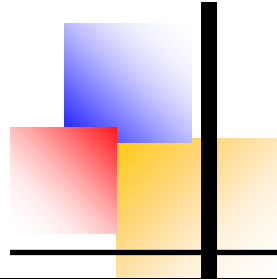


# OCTOBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Pork Schnitzels Mashed Potatoes Veggie Blend Jello/Fruit			Corned Beef & Cabbage Potato Medley Soda Bread Fresh Fruit	Fried Fresh Salmon Wild Rice Pilaf Veggie Blend Fresh Fruit	Split Pea Soup Ham Grilled Cheese Fresh Fruit	
8	9	10	11	12	13	14
Tamale Pie Spanish Rice/Beans Green Beans Jello/Fruit			Oven Fried Chicken Potato Salad Red Beans, Cornbread Fresh Fruit	Sesame Beef Sticky Rice Stir Fried Cabbage Fresh Fruit	Soup & Sandwich	
15	16	17	18	19	20	21
Coconut Chicken Sweet Potatoes Garden Veggies Jello/Fruit			Beef Stroganoff Buttered Noodles Roasted Veggies Fresh Fruit	Halibut Fish & Chips Oyster Stew Cole Slaw Fresh Fruit	<b>Elder's Luncheon @ Youth Center</b>	
22	23	24	25	26	27	28
Meatloaf Mashed Potatoes Garden Veggies Jello/Fruit			Baked Fresh Salmon Potato Medley Garden Veggies Fresh Fruit	Ham / Bacon Scrambled Eggs Oven potatoes Toast, Fresh Fruit	Razor Clams Boil Potatoes Roasted Veggies Fresh Fruit	
29	30	31				
<b>Baked Cod Potato Medley Veggie Blend Jello/Fruit</b>			<b>Crisp Green Salad &amp; Milk Served Every Day, Wheat Bread as Needed.</b>			