

COUNTRY NEIGHBOR MENU

OCTOBER

2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
BBQ Chicken Cheesy Mashed Potatoes Mixed Vegetables Pineapple Juice	Johnny Marzetti Green Beans Tossed Salad Applesauce Garlic Bread	Roasted Sweet Potatoes with Cabbage Ham Slice with Pineapple Waldorf Salad	Chili Cornbread Garden Salad Mixed Fruit Cup Juice	Country Fried Steak with Country Pepper Gravy Mashed Potatoes Harvard Beets Pea Salad
9	10	11	12	13
Chicken Enchiladas with Cheese, Lettuce, Tomatoes Spanish Rice Mexican Corn Juice	Beef Stew over Biscuits Peas & Carrots Hawaiian Coleslaw Juice	Breaded Baked Chicken Pierogi w/ Sour Cream Sanoma Vegetables Carrot Raisin Salad Juice	Pork and Sauerkraut Mashed Potatoes with Gravy Green Beans Peaches	Vegetable Beef Soup Turkey, Provolone Cheese, Lettuce Wrap Apple Crisp
16	17	18	19	20
Beef Stir Fry over Brown Rice Stir Fry Vegetables Cabbage Salad Pineapple Cup	Ham Slices with Orange Sauce Escalloped Potatoes Stewed Tomatoes Carrot Raisin Salad	Meatloaf Mashed Potatoes/Gravy Cauliflower Creamy Coleslaw Mandarin Orange Salad	Chicken Paprikash Over Noodles Succalash Waldorf Salad Juice	Cheeseburger Soup Garlic Biscuit Cottage Cheese and Peach Salad Juice
23	24	25	26	27
Macaroni & Cheese Green Beans Coleslaw Tapioca Jello Juice	Salisbury Steak Mashed Potatoes/Gravy Candied Carrots 3 Bean Salad Tropical Fruit	Chicken with Dumplings Peas & Carrots Beet Salad Juice	BBQ Sirloin Pork Chop Baked Sweet Potato Buttered Corn Baked Apples w/ Raisins	Porcupine Balls w/ Tomato Gravy Mashed Potatoes Tossed Salad Fresh Banana
30	31			
Hamburger on Bun w/ Lettuce, & Tomato Tomato Bisque Soup Broccoli Salad Juice	Italian Chicken Rice Pilaf Key West Vegetables Tossed Salad Juice		3 oz. protein 4 oz. fruit 4 oz. vegetable 3 oz. starch 2 oz. grain 8 oz. casserole	To request ingredient information, please contact Country Neighbor at 440-437-6311 Milk and bread served with all meals.

Menu meets nutritional needs of healthy adults:

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Oct. 4, 2017 3:37PM

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