

October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Cold Meatloaf & Swiss Sandwich Fresh Pepper Strips WW Club Roll Fresh Apple Slices	Grilled Chicken Sandwich Four Bean Salad WW Kaiser Roll Fresh Pear
5	6	7	8	9
Ham and Swiss Sandwich Coleslaw Whole Wheat Bread Fresh Pear Sweet & Sour Cup	Chicken Caesar Salad WW Dinner Roll Peaches Caesar Dressing	Turkey Cobb Salad WW Dinner Roll Mandarin Oranges Balsamic Vinaigrette	Tuna Salad Sandwich Four Bean Salad WW Sandwich Roll Pineapple	Roast Beef & Provolone Sandwich Diced Beets WW Bread Fresh Orange Horseradish
12	13	14	15	16
Turkey & Monterey Jack Sandwich Broccoli Salad WW Bread Fresh Apple Slices	Chef Salad w/Turkey WW Dinner Roll Fresh Orange Thousand Island Dressing	Spring Salad w/ Chicken WW Dinner Roll Mixed Fruit Raspberry Vinaigrette	Ham & Cheddar Sandwich Fresh Pepper Strips WW Bread Fresh Pear	Egg Salad Sandwich Four Bean Salad Kaiser Roll Tropical Fruit
19	20	21	22	23
Smoked Turkey & Pepper Jack Sandwich Diced beets WW Bread Mixed Fruit	BBQ Chicken Salad WW Dinner Roll Fresh Orange Ranch Dressing	Greek Salad w/ Chicken WW Dinner Roll Tropical Fruit Greek Dressing	Cold Meatloaf & Swiss Sandwich Fresh Pepper Strips WW Club Roll Fresh Apple Slices	Grilled Chicken Sandwich Four Bean Salad WW Kaiser Roll Fresh Pear
26	27	28	29	30
Ham and Swiss Sandwich Coleslaw WW Bread Fresh Pear Sweet & Sour Cup	Chicken Caesar Salad WW Dinner Roll Peaches Caesar Dressing	Turkey Cobb Salad WW Dinner Roll Mandarin Oranges Balsamic Vinaigrette	Tuna Salad Sandwich Four Bean Salad WW Sandwich Roll Pineapple	Roast Beef & Provolone Sandwich Diced Beets WW Bread Fresh Orange