

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

OCTOBER 2020

John Clarke Retirement Center Menu

<p>OCTOBER 2020</p> <p>John Clarke Retirement Center Menu</p>				<p>1</p> <p>Baked Ham with Pineapple Fried Flounder Sweet Potato Summer Squash Corn Chocolate Cream Pie Diet Apricots</p>	<p>2</p> <p>Baked Salmon w/Dill Sauce Pork Rib White Rice Green Beans Cauliflower Cherry Pie Diet Cherries <i>Sukkot Begins</i></p>	<p>3</p> <p>Hot Dog on a Bun Cheeseburger Baked Beans Cole Slaw Wax Beans Yellow Cake with Chocolate Frosting Diet Peaches</p>
				<p>4</p> <p>Roast Beef w/ Gravy Baked Stuffed Fish Herb Roasted Potato Green Beans Corn Dinner Roll Ice Cream Sundae</p>	<p>5</p> <p>Chicken Cacciatore over Pasta Braised Pork Chops Tossed Salad Scallop Potatoes Broccoli Pineapple Upside Down Cake Pineapple chunks with Topping</p>	<p>6</p> <p>Baked Meatloaf w/Gravy Cheese Manicotti Mashed Potatoes Corn Mixed Vegetables Strawberry Shortcake Strawberries with Topping</p>
<p>11</p> <p>Stuffed Chicken Baked Salmon Scalloped Potato Green Beans Peas and Carrots Dinner Roll Ice Cream Sundae Diet Ice Cream</p>	<p>12</p> <p>Roast Turkey Liver and Onions Stuffing Peas Broccoli Mississippi Mud Pie or Diet Chocolate Cake <i>Columbus Day (US) Thanksgiving Day (Canada)</i></p>	<p>13</p> <p>Baked Stuffed Sole Chicken Rondellet Oven Brown Potatoes Zucchini Beets Blueberry Pie or Fresh Fruit</p>	<p>14</p> <p>Fried Chicken Salisbury Streak w/ Mushroom Gravy Pasta Salad Green Beans Corn Coffee Ice Cream Diet Ice Cream</p>	<p>15</p> <p>Braised Short Rib w/Demi-Glaze Smothered Pork Chops Garlic Mashed Tossed Salad Cauliflower Banana Pudding</p>	<p>16</p> <p>Baked Fish Beef Pot Pie Baked Potato Mixed Vegetable Yellow Squash Fresh Fruit</p>	<p>17</p> <p>Sweet &amp; Sour Chicken Stuffed Shells Rice Green Beans Mixed Vegetables Peach Cobbler Peaches</p>
<p>18</p> <p>Yankee Pot Roast Lamb Steak Carrots &amp; Mashed Potatoes Peas Dinner Roll Ice Cream Sundae Diet Ice Cream</p>	<p>19</p> <p>Lasagna Baked Fish w/Dill Garlic Bread Zucchini Corn Fruited Jello Diet Fruited Jello</p>	<p>20</p> <p>Chicken Pot Pie Smothered Pork Chops Tossed Salad w/Italian Dressing Broccoli Dinner Roll Strawberry Shortcake</p>	<p>21</p> <p>BBQ Pulled Pork Sandwich Chef Salad Black Beans and Rice Green Beans Peas Cookies &amp; Cream Ice Cream Diet Ice Cream</p>	<p>22</p> <p>Stuffed Peppers Salisbury Steak Roasted Potatoes Carrots Con Spice Cake w/Icing</p>	<p>23</p> <p>Fish &amp; Chips Chicken rondellet Cole Slaw Zucchini Apple Pie Diet Pudding</p>	<p>24</p> <p>Hot Roast Beef on a Torpedo Manicotti Tatar Tots Mixed Vegetables Green Beans Peach Shortcake Peaches</p>
<p>25</p> <p>Baked Ham w/Maple Glaze Lamb Steak Au Gratin Potatoes Green Beans Cauliflower Dinner Roll Ice Cream Sundae Diet Ice Cream</p>	<p>26</p> <p>Baked Fish Salisbury Steak w/Gravy Baked Potato Butternut Squash Sliced Tomato Lemon Square Diet Lemon Pudding</p>	<p>27</p> <p>Stuffed Pork Loin Chicken Nuggets Oven Brown Red Bliss Potatoes Peas &amp; Onions Glazed Carrots Peach Cobbler Peaches</p>	<p>28</p> <p>BBQ Chicken Sloppy Joe's Hot Dog in Pastry Potato Salad Cole Slaw Wax Beans Vanilla Ice Cream</p>	<p>29</p> <p>Spaghetti &amp; Meatballs Veal Pattie Mashed Potatoes Tossed Salad w/Dressing Broccoli Garlic Bread Gingerbread w/Topping Angel Food Cake</p>	<p>30</p> <p>Tuna Salad Chicken Salad Croissant Pasta Salad 3 Bean Salad Lettuce &amp; Tomato Fresh Fruit</p>	<p>31</p> <p>Swedish Meatballs over Egg Noodles Hot Dog on a Roll Green Beans Cole Slaw Chocolate Chip Cookies <i>Halloween</i></p>