




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>Please call to cancel the meal at least a day in advance:</b></p> <p><b>801-229-3802</b></p>				<p>Low fat milk (12) is provided with each meal</p> <p>Numbers in parentheses represent carbohydrate count</p>		<p>Suggested donation \$3/meal</p> <p>Menu subject to change</p>		<p><b>1 Roast Turkey Breast (03)</b></p> <p>Garlic Mashed Potatoes &amp; Turkey Gravy (25)</p> <p>Crinkle Cut Carrot (06)</p> <p>Fresh Baked Roll (15)</p> <p>Mandarin Oranges (11)</p>	
<p><b>4 Swedish Meatballs (39)</b></p> <p>Steamed Rice (21)</p> <p>Seasoned Carrots (06)</p> <p>Navel Orange (22)</p> <p>Fresh Baked Roll (16)</p>		<p><b>5 Broiled Bratwurst with Fresh Baked Hoagies (17)</b></p> <p>Sauerkraut (04)</p> <p>Jackie's Cake (28)</p> <p>Hot Potato Salad (22)</p>		<p><b>6 Creamed Chicken over White Rice (30)</b></p> <p>Seasoned California Blend Vegetables (18)</p> <p>Fresh Baked Rolls (16)</p> <p>Cottage Cheese and Fruit (12)</p>		<p><b>7 Malibu Chicken with Honey Mustard Sauce (08)</b></p> <p>Au Gratin Potatoes (22)</p> <p>Seasoned Mixed Veggies (02)</p> <p>Fresh Baked Roll (16)</p> <p>Mandarin Oranges (11)</p>		<p><b>8 Kalua Pork (00)</b></p> <p>Hawaiian Rice (25)</p> <p>Seasoned Corn (14)</p> <p>Pineapple Tidbits (07)</p> <p>Fresh Baked Rolls (15)</p>	
<p><b>11 NO MEAL</b></p>  <p>Columbus Day</p>		<p><b>12 Teriyaki Chicken Bowl (8)</b></p> <p>Steamed Brown Rice (21)</p> <p>Fresh Steamed Broccoli (04)</p> <p>Fresh Apple (28)</p> <p>Fresh Baked Roll (15)</p>		<p><b>13 Savory Chicken Salad Wrap (18)</b></p> <p>Italian Pasta Salad (20)</p> <p>Kosher Pickle Spears (00)</p> <p>Diced Pears (19)</p>		<p><b>14 Shepherd's Pie (79)</b></p> <p>Seasoned Corn (11)</p> <p>Fresh Apple Crisp (67)</p> <p>Fresh Baked Roll (16)</p>		<p><b>15 Country Fried Steak (4)</b></p> <p>Mashed Potatoes &amp; Gravy (27)</p> <p>Mixed Vegetables (12)</p> <p>Fresh Baked Roll (15)</p> <p>Diced Peaches (18)</p>	
<p><b>18 Cured Honey Baked Ham (00)</b></p> <p>Scalloped Potatoes (13)</p> <p>Diced Beets (06)</p> <p>Fresh Baked Roll (16)</p> <p>Assorted Tropical Fruit (08)</p>		<p><b>19 Homemade Chicken Pot Pie (14)</b></p> <p>Fresh Baked Biscuit (25)</p> <p>Garden Green Salad (2)</p> <p>Jackie's Cake (28)</p>		<p><b>20 Homemade Meat Loaf (3)</b></p> <p>Garlic Mashed Potatoes &amp; Gravy (27)</p> <p>Roasted Corn (14)</p> <p>Fresh Baked Roll (15)</p> <p>Navel Orange (22)</p>		<p><b>21 Hearty Beef and Vegetable Stew (14)</b></p> <p>Brown Rice (30)</p> <p>Fresh Corn Bread (33)</p> <p>Fresh Apple (15)</p>		<p><b>22 Salisbury Steak (05)</b></p> <p>Garlic Mashed Potatoes and Gravy (27)</p> <p>Seasoned Peas (10)</p> <p>Fresh Baked Roll (15)</p> <p>Jell-O Cup with Fruit (09)</p>	
<p><b>25 Sweet and Sour Chicken (30)</b></p> <p>Steamed White Rice (21)</p> <p>Stir Fried Vegetables (12)</p> <p>Mandarin Oranges (11)</p> <p>Fortune Cookie (24)</p>		<p><b>26 Ms. Helen's Cheesy Beef Lasagna (19)</b></p> <p>Seasoned Green Beans (02)</p> <p>Fresh Garlic Roll (15)</p> <p>Apple Sauce (14)</p>		<p><b>27 Santa Fe Shredded Turkey on Brown Rice (30)</b></p> <p>Roasted Corn (14)</p> <p>Black Beans (23)</p> <p>Fresh Baked Roll (16)</p> <p>Orange (22)</p>		<p><b>28 Sloppy Joe (0)</b></p> <p>Fresh Hamburger Bun (15)</p> <p>Mustard Potato Salad (19)</p> <p>Pork and Beans (25)</p> <p>Oranges (22)</p>		<p><b>29 My Mummy's Chili (03)</b></p> <p>Seasoned California Blend Veggies (18)</p> <p>Halloween Cookie Bar (15)</p> <p>Cornbread (28)</p> <p>Granny Smith Apple (28)</p>	