

# St. Croix Elder Nutrition

# October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pulled Pork on Bun Potato Chips Salad Peanut Butter Cookie
4 Chili Cheese Tots Garlic Bread Apple Crisp	5 Pork Burger on Bun Coleslaw Squash Cookie	6 Ham Au Gratin Potatoes Green Beans WW Dinner Roll Apple Sauce	7 Chicken and Rice Hotdish Broccoli Frybread	8 Cold Tuna Salad Sandwich T. Berry Salad Dessert
11 Site Closed Indigenous Day	12 Italian Bean soup Cheesy bread Salad Cookie	13 Meatloaf Mashed w/ gravy Carrots WW dinner roll cake	14 Rueben Hotdish Green Beans Velvet Pear Jell-O	15 Turkey Burger French Fries Coleslaw Dessert
18 White Chicken Chili Tortilla Chips Salad Chocolate Cake	19 Goulash Tossed Salad Cheesy Bread Fruit	20 Roast Pork Stuffing Squash Apple Pie Dessert	21 Hamburger Gravy over Mashed Potatoes Mixed Veggies WW Dinner Roll Dessert	22 Ham and Cheese Slider Smashed Potatoes Fruit Cookie
25 Vegetables Beef and Barley soup Cheesy Bread Molasses Cookies	26 Pork Adobo Rice Bowl Pinto Beans Lettuce and Tomato Mandarin Orange Cake	27 Hot Turkey Sandwich Mashed W/ gravy Peas and Carrots Pumpkin Pie	28 Spaghetti and Meatballs Tossed Salad WW Dinner Roll Fruit Salad	29 Cooks Choice