

CADC NUTRITION Weatherford

October 2018 Menu

Sandy Williams, Site Manager
 For Reservations call 772-1193
 Call before 9:00 a.m.
 Or you can call the day before.

Note: Suggested donation for
 60 years or Older is \$3.00
 Meal Cost for under 60 - \$7.00
 (Menus Are Subject To Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Meat Loaf Mashed Potatoes/Gravy Roasted Brussel Sprouts Hot Roll Mandarin Orange Salad	2 Lemon Pepper Chicken Candied Sweet Potatoes Seasoned Green Beans Angel Biscuit Banana Pudding	3 Ham Salad On Whole Wheat Bread Potato Soup Carrot Raisin Salad Oatmeal Bar	4 Hamburger Steak With Mushroom Gravy Corn Spinach Wheat Hot Roll Tinted Pears	5 Enchilada Casserole Pinto Beans Combination Salad Tortilla Chips & Salsa Strawberry Short Cake
8 Chicken Tetrizzini Stewed Tomatoes Turnip Greens Cornbread Chocolate Pudding	9 Glazed Ham Hashbrown Potato Casserole Cherry Applesauce Jello Wheat Hot Roll	10 Smothered Pork Chop Mashed Potatoes w/Skins Broccoli & Cauliflower Hot Roll Fresh Fruit Cup	11 Hot Open Faced Turkey Sandwich w/Gravy Creamed Peas Sliced Carrots Apple Crisp	12 Taco Soup w/Cheese Fruit Salad Tortilla Chips Frosted Chocolate Cake
15 Spaghetti w/Meat Italian Blend Vegetables Tossed Salad w/Dressing Garlic Bread Stick Fruit Cup	16 Chicken Strips Mashed Potatoes w/Gravy Turnip Greens Biscuit Peach Cobbler	17 Breaded Fish w/Tartar Sauce Squash Casserole German Cucumbers/Onions Cornmeal Muffin Pudding	18 Cheeseburger/Bun Assorted Relishes Baked Beans Orange Juice Oatmeal Raisin Cookies	19 Ham and Beans Oven Fried Potatoes Pickles and Onions Cornbread Pineapple Upside Down Cake
22 BBQ Pork Rib w/BBQ Sauce Ranch Style Beans Coleslaw Pineapple Crisp	23 Oven Fried Chicken Mashed Potatoes/Cream Gravy Broccoli/Cauliflower Salad Hot Roll Strawberry Fruited Jello	24 Turkey Pot Pie Diced Beets Pineapple Tidbits Whole Wheat Hot Roll Frosted Peanutbutter Cake	25 Pork Roast w/Gravy Candied Sweet Potatoes Cabbage Whole Wheat Hot Roll Plum Cobbler	26 Chicken Salad Sandwich Corn Chowder Carrifruit Salad Saltines Soft Ginger Cookies
29 Macaroni & Cheese w/Smoked Sausage Black Eyed Peas Broccoli Angel Biscuit Pineapple Pudding	30 Baked Ham Baked Sweet Potato Green Bean Casserole Cornbread Mixed Fruit	31 Beef Stew Pea Salad Pears Saltines Gingerbread w/Whipped Topping	Happy Halloween 	