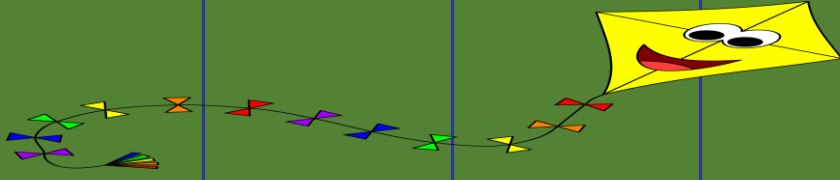

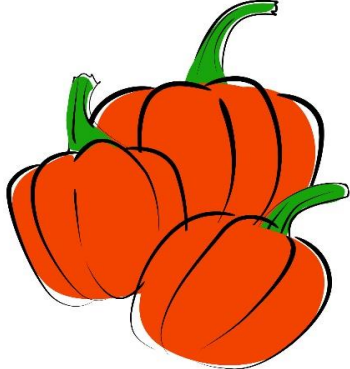


## October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>
Pasta & Meatballs / salad / fruit	Cheese Omelette / sliced ham / biscuit / fruit	Bar-B-Q / baked beans / corn / roll / fruit	Chicken Fried Rice / egg roll / fruit	Pizza carrot sticks fruit		
						
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Beef Hot Dog / chips / fruit	Fish Sticks / mac & cheese / green beans / fruit	Chicken Noodle Soup / garlic toast / fruit	Beef Nachos / corn / salad / fruit	Pizza carrot sticks fruit		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>		
Lasagna / salad / fruit	Fried Chicken / mashed potatoes / honey glazed carrots / fruit	Pancakes / sausage / fruit	Baked Chicken / rice / green beans / fruit	Pizza carrot sticks fruit		
<b>30</b>	<b>31</b>	Notes:				
Hamburger w/ trimmings / sweet potato fries / fruit	Chicken Alfredo w/ pasta / broccoli / fruit					