

# Menu October

Mon	Tue	Wed	Thu	Fri	
	1 Chicken Teriyaki Mashed Potato ----- Mini Bow Tie Pasta w/Vegetables	2 Chicken Buckwheat Soup ----- Grilled Chicken Fettuccine Alfredo	3 Chicken Cutlet White Rice ----- Macaroni & Cheese	4 Russian Meatballs Roasted Potato ----- Hot Dog (Bun) Rice Pilaf	<p><b><u>Breakfast ( 6.30 a.m.- 8.45 a.m.):</u></b> Instant Oatmeal, Cereal &amp; Milk or Whole wheat bagels w/ cream cheese, Waffles, Pancakes &amp; Milk.</p> <p><b><u>A.M. Snack :</u></b> Fresh fruits</p> <p><b><u>P.M. Snack:</u></b>  Yogurt w/ Pretzels or Milk &amp; Oatmeal Cookies or Apple Juice &amp; Crackers or Cheese Stick &amp; Apple Sauce.</p> <p><b>**Soup is Served with bread and crème cheese</b></p> <p><b>**Dinner is served with fresh vegetables</b></p>
7 Chicken Buckwheat Soup ----- Meatloaf (gravy on side) Mashed Potato	8 Rice Pilaf w/Beef ----- Chicken Cutlet Elbow w/Butter	9 Chicken Noodle Soup ----- Russian Dumplings (pelmeni)	10 BBQ Chicken Elbow Pasta ----- Russian Meatballs Cous Cous	11 Macaroni Po Flotsky w/Chicken ----- Cheese Vareniki (sc)	
14 Rice w/Meatball Soup ----- Grilled Chicken mixed w/Egg Noodles w/Butter	15 Chicken Nuggets Mashed Potato ----- Chicken Stew Buckwheat Kasha	16 Chicken Noodle Soup ----- Pelmeni (sc)	17 Rice Pilaf w/Chicken ----- Mini Bow Tie Pasta w/Vegetables	18 Hot Dog (no Bun) Mashed Potato ----- Mac & Cheese	
21 Chicken Noodle Soup ----- BBQ Chicken Cous Cous	22 Chicken Broccoli Alfredo Mini Bow Tie Pasta ----- Beef Stroganoff Buckwheat Kasha	23 Chicken Buckwheat Soup ----- Chicken Patty on Bun Roasted Potato	24 Macaroni Po Flotsky w/Chicken ----- Russian Meatballs Mashed potato	25 Chicken Teriyaki White Rice ----- Cheesy Baked Rotini	
28 Rice w/Meatball Soup ----- Chicken Cutlet White Rice	29 Chicken Nuggets Mashed Potato ----- Cheese Quesadilla Rice Pilaf	30 Chicken Noodle Soup ----- Grilled Chicken mixed w/Egg Noodles w/Butter	31 Pelmeni (sc) ----- Chicken Stew Buckwheat Kasha		