

# WOCOA Menu for Oct 2016

<b>Mon, Oct 3, 16</b> Shepherd's Pie- peas,onions, carrots & mashed potatoes Broccoli Stewed Spiced Apples WW Roll  Margarine  Milk	<b>Tue, Oct 4, 16</b> Chicken, Rice & Broccoli Casserole Corn Lima Beans Garden Salad with Dressing  Spiced Peaches  Margarine Milk	<b>Wed, Oct 5, 16</b> Hamburger Baked Beans Fruit Cobbler WW Bun  Lettuce, Tomatoes & onion  Ketchup, Mustard & Mayo Milk	<b>Thu, Oct 6, 16</b> Salisbury Steak with Onion Gravy Sweet Potato Green Beans Pudding  WW Roll  Margarine Milk	<b>Fri, Oct 7, 16</b> Oven Fried Chicken Carrots Mixed Greens Cornbread  Fresh Fruit  Margarine Milk
<b>Mon, Oct 10, 16</b> Sweet & Sour Chicken Breast Mimi Egg Roll Asian Mixed Vegetables Fortune Cookie Milk	<b>Tue, Oct 11, 16</b> Beef sausage Onion & Peppers Rice & Peas Steamed Cabbage WW Hot Dog Bun Jell-O with Fruit Margarine Milk	<b>Wed, Oct 12, 16</b> Garden Salad with Chicken Strips Broccoli Salad Beet Salad WW Crackers Dressing Canned Peaches Milk	<b>Thu, Oct 13, 16</b> Beef Pot Roast Au Jus Mashed Potatoes Vegetable Blend WW Roll Margarine Cookie Milk	<b>Fri, Oct 14, 16</b> Baked Fish with Lemon Mac & Cheese Stewed Tomatoes Cornbread Sherbet Tartar Sauce Milk
<b>Mon, Oct 17, 16</b> Sweet & Savory Meat Loaf Oven Roasted Potatoes  Black Eye Peas Cheddar Biscuit Margarine  Sugar Free Chocolate Mousse Milk	<b>Tue, Oct 18, 16</b> Chicken Curry Peas & Rice  Green Beans WW Roll Margarine  Spiced Peaches Milk	<b>Wed, Oct 19, 16</b> Beef Stew Potatoes  Carrots WW Roll Margarine  Banana Pudding Milk	<b>Thu, Oct 20, 16</b> Chicken Parmesan Peas Noodles with Marinara Sauce Margarine Diced Pears  Milk	<b>Fri, Oct 21, 16</b> Blacken Fish with Lemon Slice Rice Pilaf  Mustard Greens Cornbread Margarine  Birthday Cake Milk
<b>Mon, Oct 24, 16</b> Turkey Chili with Beans Corn Tomato & Onion Salad Wild Rice Spice Apples Milk	<b>Tue, Oct 25, 16</b> Bourbon Glazed Chicken Lima Beans Broccoli with Cheese Sauce WW Roll Pineapple Chunks Milk	<b>Wed, Oct 26, 16</b> Hamburger Steak with Gravy Field Peas w/Snaps Cauliflower WW Roll margarine Oatmeal Raisin Cookie Milk	<b>Thu, Oct 27, 16</b> Chicken Tetrzzini Green Bean Carrots WW Roll Margarine Yogurt Milk	<b>Fri, Oct 28, 16</b> Beef Hotdog Baked Beans Potato Salad WW Hotdog Bun Ketchup/Mustard Fruit Cobbler Milk
<b>Mon, Oct 31, 16</b> Shepherd's Pie- peas,onions, carrots & mashed potatoes Broccoli Stewed Spiced Apples WW Roll Margarine Milk				