

WOCOA Menu for Oct 2018

Mon, Oct 1, 18	Tue, Oct 2, 18	Wed, Oct 3, 18	Thu, Oct 4, 18	Fri, Oct 5, 18
Salisbury Steak with Gravy Mashed Potatoes Italian Green Beans Fruit Cocktail	Sweet and Sour Pork Steamed Rice Broccoli Cookie	Chicken Pot Pie Sweet Potatoes Lima Beans Fresh Fruit WW Roll	Hotdog Baked Beans Cole Slaw Hot Stewed Apples	Baked Fish Mac. & Cheese Veggie Blend Pound Cake
WW Roll w/margarine Milk	WW Roll w/margarine Milk	w/margarine Milk	WW Bun Milk	WW Roll Milk
			Mustard/Ketchup & onions	Tartar Sauce/Lemon

Mon, Oct 8, 18	Tue, Oct 9, 18	Wed, Oct 10, 18	Thu, Oct 11, 18	Fri, Oct 12, 18
Chicken & Dumplings Greens Carrots	Chicken with Mushroom Gravy Scalloped Potatoes Sweet Peas	Beef Stew Squash & Onions Navy Beans	Hamburger Baked Beans Apple Crisp Lettuce/Tomato/ Onion	Chicken and Rice Green Beans Tomato Salad
Fresh Fruit Cornbread w/ margarine Milk	Yogurt WW Roll w/margarine Milk	Fresh Fruit WW Roll w/margarine Milk	Mayo/Ketchup/ Mustard Milk WW Bun	Fruit Cobbler WW Roll w/margarine Milk

Mon, Oct 15, 18	Tue, Oct 16, 18	Wed, Oct 17, 18	Thu, Oct 18, 18	Fri, Oct 19, 18
Meat Loaf w/Gravy Mashed Potatoes	Chicken Tetrazzini Brussel Sprouts	Spaghetti with Meat Sauce Whole Kernel Corn Mixed Spinach Salad Cobbler	Meat Balls/Brown Gravy Seasoned Potatoes	BBQ Rib Patty Greens California Blend Veggies Cookie
Black-eyed Peas Fresh Fruit	Mixed Vegetables Yogurt		Field Peas Brownie WW Roll w/margarine Milk	Cornbread w/ margarine Milk
WW Roll w/margarine Milk	WW Roll w/margarine Milk	Salad Dressing Milk		

Mon, Oct 22, 18	Tue, Oct 23, 18	Wed, Oct 24, 18	Thu, Oct 25, 18	Fri, Oct 26, 18
Sausage with Peppers and Onions Baked Beans Cole Slaw Hot Sliced Apples	Pot Roast Mashed Potatoes Green Beans Banana Pudding	Chili with Beans Baby Carrots Mexican Corn Cookie	Chicken with Mushroom Gravy Ford Hook Beans Stir-Fry Vegetables Chocolate Delight WW Roll	To be announced
Milk WW Bun Mustard	WW Roll w/margarine Milk	Milk WW Crackers	w/margarine Milk	

Mon, Oct 29, 18	Tue, Oct 30, 18	Wed, Oct 31, 18
Salisbury Steak with Gravy Mashed Potatoes Italian Green Beans Fruit Cocktail	Sweet and Sour Pork Steamed Rice Broccoli Cookie	Chicken Pot Pie Sweet Potatoes Lima Beans Fresh Fruit WW Roll
WW Roll w/margarine Milk	WW Roll w/margarine Milk	w/margarine Milk