

SULLIVAN COUNTY

NUTRITION MENU

OCTOBER 2010

“SUBJECT TO CHANGE”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>DECAF TEA AND DECAF COFFEE AVAILABLE AT MEALS</p>	<p>MILK SERVED WITH ALL MEALS</p> <p>SKIM MILK AVAILABLE AT ALL MEALS</p>		<p>Cheese Tortellini with Meat Sauce Spinach Tossed Salad Rye Bread Sherbet K: Stuffed Peppers 1</p>
<p>Chicken Cutlet Parmesan/Sauce Spaghetti Brussels Sprouts Italian Bread Chocolate Pudding K: Pot Roast 4</p>	<p>Beef Stew/Gravy Noodles Carrots Whole Wheat Bread Mandarin Oranges K: Baked Chicken 5</p>	<p>Fresh Ham/Raisin Sauce Roasted Potatoes Red Cabbage Whole Wheat Bread Pears K: Stuffed Peppers 6</p>	<p>Baked Fish Tri-Colored Pasta Cream Sauce/Chopped peppers Sweet Potato Chunks Rye Bread Ice Cream K: Baked Fish 7</p>	<p>Beef Chili Brown Rice Mixed Vegetables Whole Wheat Bread Bananas K: Pot Roast 8</p>
<p>HAPPY COLUMBUS DAY</p> <p>OFFICE CLOSED 11</p>	<p>Hamburgers/Onions Red Potatoes Corn Hamburger Roll Fruit Cocktail K: Roast Turkey 12</p>	<p>Meatloaf/Gravy Mashed Potatoes Broccoli Rye Bread Peaches K: Meatloaf 13</p>	<p>Stuffed Shells/Sauce Tossed Salad Spinach Whole Wheat Bread Pineapple K: Manicotti 14</p>	<p>Baked Chicken/Gravy Sweet Potatoes Red Cabbage Whole Wheat Bread Pears K: Boiled Chicken 15</p>
<p>Knockwurst/Sauerkraut Baked Beans Hoagie Roll Sherbet K: Lasagna 18</p>	<p>Pot Roast/Gravy Mashed Potatoes Sweet Peas Whole Wheat Bread Apple Pie K: Pot Roast 19</p>	<p>Chicken a la King Brown Rice Mixed Vegetables Rye Bread Fig Newtons K: Boiled Chicken 20</p>	<p>Pork Chops/Applesauce Sweet Potatoes Asparagus Cuts Whole Wheat Bread Peaches K: Stuffed Cabbage 21</p>	<p>Baked Fish/Tartar Sauce Scalloped Potatoes Green Beans Whole Wheat Bread Oranges K: Baked Fish 22</p>
<p>Beef Stroganoff Egg Noodles Carrots Whole Wheat Bread Apricots K: Beef Goulash 25</p>	<p>Eggplant Parmesan Spaghetti Tossed Salad Green Beans Italian Bread Chocolate Cake K: Lasagna 26</p>	<p>Sloppy Joe Mashed Potatoes Italian Vegetables Hamburger Roll Pineapple slices K: Pot Roast 27</p>	<p>Roast Chicken/Gravy Oven Brown Potatoes Spinach Whole Wheat Bread Mandarin Oranges K: Baked Chicken 28</p>	<p>Macaroni and Cheese Stewed Tomatoes Peas Whole Wheat Bread Apples K: Manicotti 29</p>