



a program of Baruch Senior Ministries

October 2024	Monday	Tuesday October 1st	Wednesday October 2nd	Thursday October 3rd	Friday October 4th	Saturday October 5th	Sunday October 6th
BREAKFAST		Oatmeal, Toast, Fruit	Potato, Ham, Cheese & Biscuit Casserole, Fruit	Cheese Omelets, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	Waffles, Fruit
LUNCH		Smoked Sausage, Sauerkraut, Roasted Redskin Potatoes, Broccoli	Vegetable Beef Soup, French Bread	Chicken & Rice Casserole, Dinner Rolls	Taco Salad, Spanish Rice	Jumbo Stuffed Shells, Garlic Sticks	Swiss Steak, Buttered Noodles, Roasted Carrots
DINNER		Hot Dogs, French Fries, Green Beans	PIZZA ! PIZZA ! Cucumber & Tomato Salad	Tater Tot Bake, Cauliflower	Toasted Club Sandwiches, Onion Rings, Baked Beans	Sloppy Joe Sliders, Sweet Potatoes, Peas	Ham & Cheese Wrap, Tomato Soup, Applesauce
SNACK		ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK		APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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October 2024	Monday October 7th	Tuesday October 8th	Wednesday October 9th	Thursday October 10th	Friday October 11th	Saturday October 12th	Sunday October 13th
BREAKFAST	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Corn Beef Hash, Eggs, Toast, Fruit	Hashbrowns, Eggs, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	French Toast, Fruit
LUNCH	Fried Chicken, Mashed Potatoes & Gravy, Broccoli	Pork Tenderloin, Garden Rice, Green Beans	Meatloaf, Scalloped Potatoes, Brussel Sprouts	Sweet & Sour Chicken, Rice, Spring Rolls	Lasagna, Garlic Sticks	Baked Chicken, Rice Pilaf, Cauliflower	Swedish Meatballs, Buttered Noodles, Peas & Carrots
DINNER	Old Fashioned Chicken Noodle Soup, French Bread	Goulash, Dinner Rolls, Tomato & Cucumber Salad	French Onion Soup, Cheesy Texas Toast, Applesauce	Shepards Pie, Side Salad	Turkey Melt, French Fries, Baked Beans	Sloppy Joe Sliders, Macaroni Salad, Applesauce	Cheeseburger Soup, Dinner Rolls
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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October 2024	Monday October 14th	Tuesday October 15th	Wednesday October 16th	Thursday October 17th	Friday October 18th	Saturday October 19th	Sunday October 20th
BREAKFAST	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Hashbrowns, Eggs, Toast, Fruit	Cheese Omelets, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	Pancakes, Fruit
LUNCH	Spaghetti & Meatballs, Garlic Sticks	Beef Pasty over Buttermilk Biscuits, Applesauce	Pork Chops, Mashed Potatoes & Gravy, Mushroom Gravy, Broccoli	Quesadilla's, Rice, Cottage Cheese	Country Fried Chicken, Baked Potatoes, Creamed Corn	Hot Beef Sandwiches, Mashed Potatoes & Gravy, California Blend	Chicken Fettuccini Alfredo, Cauliflower
DINNER	Breaded Chicken Tenders, Creamy Garlic Pasta, Green Beans	Cabbage-Vegetable Soup, French Bread	Baked Cod, French Fries, Butternut Squash	Hamburger Sliders, Sweet Potatoes, Roasted Carrots	Ham & Pasta Casserole, Side Salad	Chicken & Peppers, Rice Pilaf, Green Beans	Cheeseburger Pie, Peas
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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October 2024	Monday October 21st	Tuesday October 22nd	Wednesday October 23rd	Thursday October 24th	Friday October 25th	Saturday October 26th	Sunday October 27th
BREAKFAST	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Resident's Choice Scrambled Eggs or Cereal, Toast, Fruit	Cheesy Scrambled Eggs, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	Sausage Gravy over Biscuits, Fruit
LUNCH	Roasted Turkey Breast, Mashed Potatoes & Gravy, Stuffing, Corn	Herb Baked Chicken, Baked Potatoes, Broccoli	Pork Roast, Scalloped Potatoes, Vegetable Blend	BBQ Meatballs, Mashed Potatoes, Roasted Carrots	Chicken Pot Pie, Side Salad	Smoked Sausage, Sauerkraut, Green Beans	Beef Stir Fry, Scallion Rice, Fried Won Tons
DINNER	Pizza Pasta Bake, Side Salad	Sausage & Potato Casserole, Applesauce	Cheddar Brats, Pasta Salad, Baked Beans	Nacho's, Spanish Rice	Tuna Salad Sandwiches, Sweet Potato Fries, Cauliflower	Baked Spaghetti, Garlic Sticks	Chicken Noodle Soup, French Bread
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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October 2024	Monday October 28th	Tuesday October 29th	Wednesday October 30th	Thursday October 31st HAPPY HALLOWEEN
BREAKFAST	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Sausage, Egg & Cheese on English Muffins, Fruit	Cheese Omelets, Toast, Fruit
LUNCH	Meatball Subs, Roasted Potatoes, Peas	Chicken & Rice Casserole, Dinner Rolls	Baked Ham, Scalloped Potatoes, Broccoli	Ravioli with Meat Sauce, Garlic Sticks
DINNER	Roasted Beef Wraps, Pasta Salad, Cottage Cheese	Taco's, Spanish Rice	Chili, Cornbread	Chicken Patty Sliders, French Fries, Butternut Squash
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS

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