



October 2010

Mon	Tue	Wed	Thu	Fri
4 BBQ Pulled Pork	5 Chicken Gyro	6 Lasagna	7 Chicken Parmesan	8 Fried Cod Cut-Ups
11 Grilled Cheese w/ Tomato Soup	12 Beef Stroganoff	13 Taco Salad	14 BBQ Pork Steaks	15 Fried Cod Cut-Ups
18 Salmon BLT Wrap	19 Spaghetti & Meatballs	20 Bacon, Egg, Cheese Croissant	21 White Bean Chicken Chili	22 Fried Cod Cut-Ups
25 Cajun Chicken Wrap	26 Stuffed Green Pepper	27 Smothered Pork Chops	28 Late Riser Burger	29 Fried Cod Cut-Ups
				

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