

# Horizons October Menu 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>* This is a Monthly Menu, not Choice Menu please keep for your reference, do not return.</b></p>					1
<p><b>Italian Beef Sandwich (1.5)</b></p> <p><b>Breaded Fish Fillet on Bun (1)</b></p> <p>Crispy Cube Potatoes (1.5) Green Beans &amp; Red Peppers (.5) Pineapple (1) Skim Milk (1)</p>					6
4	5	6	7	8	
<p><b>Hamburger on Bun</b></p> <p><b>Shredded Chicken on Bun</b></p> <p>Potato Wedges (2) Stewed Tomatoes &amp; Zucchini (.5) Fresh Apple (1.5) Cereal Bar (2) Skim Milk (1)</p>	<p><b>Chicken Strips (.5) &amp; Tator Tots (1)</b></p> <p><b>Tator Tot Casserole (2)</b></p> <p>Corn (1) Creamy Coleslaw (.5) Banana (2) Skim Milk (1)</p>	<p><b>Pepper Steak (.5)</b></p> <p><b>Sweet and Sour Chicken (1)</b></p> <p>Rice(1) Peas(1) Mandarin Oranges &amp; Pineapple (2) Skim Milk (1)</p>	<p><b>Turkey Tetrazini (2)</b></p> <p><b>Italian Spaghetti (2)</b></p> <p>Breadstick (.5) Broccoli Raisin Salad (2) Orange (1) Skim Milk (1)</p>	<p><b>Honey Glazed Pork w/ Mashed Potatoes &amp; Gravy (1)</b></p> <p><b>Cheese Asparagus Strata (1)</b></p> <p>Lima Beans (1) Fruit Cocktail (1) Cake(1) Skim Milk (1)</p>	7
11	12	13	14	15	
<p><b>Breakfast Casserole (1)</b></p> <p><b>Breakfast Pizza</b></p> <p>O'Brien Potatoes (1.5) Yogurt w/ Fruit &amp; Grains (1.5) Orange Juice (1) Skim Milk (1)</p>	<p><b>Soft Shell Taco (1)</b></p> <p><b>Stuffed Green Pepper (1)</b></p> <p>Spanish Rice (1) Fiesta Corn (1.5) Fresh Orange (1) Skim Milk (1)</p>	<p><b>Chicken Breast Patty on Bun (1.5)</b></p> <p><b>BBQ Beef on Bun (1.5)</b></p> <p>Steamed Baby Red Potatoes (2) Dilled Baby Carrots (.5) Watermelon (1) Cookie(1) Skim Milk (1)</p>	<p><b>Baked Potato w/Chili &amp; Sour Cream(3)</b></p> <p><b>Chicken Pot Pie(1.5)</b></p> <p>Peas &amp; Carrots Cinnamon Applesauce(1) WW Bread(1) Skim Milk (1)</p>	<p><b>Pizza Burger on Bun (1.5)</b></p> <p><b>Spinach Lasagna (3.5)</b></p> <p><b>Breadstick (.5)</b></p> <p>Snap Beans Mixed Green Salad Ranch Dressing Banana (1) Skim Milk (1)</p>	8
18	19	20	21	22	
<p><b>Swiss Asparagus Chicken w/ 1/2 Baked Pot &amp; Sour Cream (2)</b></p> <p><b>Stir Fry (1) w/ Rice Almondine (2)</b></p> <p>Peas (1) Ambrosia Fruit Salad (1) WW Bread (1) Skim Milk (1)</p>	<p><b>Meatballs w/Gravy</b></p> <p><b>Pork Patty w/Gravy (1.5)</b></p> <p>Party Potatoes (1.5) Green Beans Almondine (1) Banana (2) Skim Milk (1)</p>	<p><b>Turkey &amp; Gravy</b></p> <p><b>Pork Loin &amp; Gravy</b></p> <p>Dressing (1.5) Lime Beans (.5) Melon (1) Skim Milk (1)</p>	<p><b>Salisbury Steak(.5)</b></p> <p><b>Chicken Florentine(.5)</b></p> <p>Homestyle Mashed Potatoes(1) Brussel Sprouts(.5) Strawberry Applesauce Gelatin(1.5) WW Bread(1) Skim Milk(1)</p>	<p><b>Hawaiin Hamloaf(1)</b></p> <p><b>Salmon Patty(.5)</b></p> <p>Crispy Cubed Potatoes (1) Peas (1) Mandarin Oranges(1) Skim Milk(1)</p>	1
25	26	27	28	29	
<p><b>Turkey Broccoli Rice Cass.(1.5)</b></p> <p><b>Cheese Pasta w/ Red Sauce(4)</b></p> <p>Green Beans &amp; Red Peppers(1) Fruit Cup(1) Banana(1) Skim Milk(1)</p>	<p><b>Breaded Chicken Breast(.5)</b></p> <p><b>Breaded Fish Fillet(1)</b></p> <p>Dilled Baby Red Potatoes(1.5) Capri Veggies(1) Applesauce(1) Yogurt(1.5) Skim Milk(10)</p>	<p><b>Beef Stew(2)</b></p> <p><b>Beans &amp; Ham(2)</b></p> <p>Corn Bread(2) Tomato Basil salad(1) Fresh Orange(1) Skim Milk(1)</p>	<p><b>Pork Medallions w/ Veggie Rice Pilaf(1)</b></p> <p><b>Asparagus Rotini w/ Chicken(3)</b></p> <p>5 Veggie Mix(1) Pineapple Chunks(1) Chocolate Chip Cookie(1) Skim Milk(1)</p>	<p><b>Open Face Patty Melt(1) w/Crispy Cube Potatoes(1.5)</b></p> <p><b>Tuna &amp; Noodles (2) and Breadstick(1)</b></p> <p>Peas and Carrots (1) Fruit Cocktail(1) Graham Crackers(1) Skim Milk(1)</p>	2