

Horizons October 2024 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Broccoli Beef Spanish Meatballs Rice Lima Beans Applesauce WW Bread Skim Milk	Roast Beef Baked Ham Dressing Steamed Cabbage & Carrots Peaches WW Dinner Roll Skim Milk	Open Face Hot Pork Sandwich Open Face Meatloaf Sandwich Mashed Potato/Gravy Stewed Tomatoes&Zucchini w/Toasted Bread Crumbs Fresh Orange Skim Milk	Scalloped Potatoes & Ham Macaroni&Cheese Broccoli Pears WW Dinner Roll Shortbread Cookies Skim Milk
7	8	9	10	11
Cheese Omelet Pancakes w/Syrup and Turkey Sausage Links O'Brien Potatoes Apple Crisp w/Oatmeal Topping WW Bread Skim Milk	Beef Stroganoff Lasagna Spinach Mandarin Oranges Graham Crackers Skim Milk	Chicken Cordon Bleu on Bun BBQ Pulled Pork on Bun 1/2 Baked Potato & SourCream Island Blend Veggies Fresh Apple Skim Milk	Porkloin & Gravy Beef Pot Roast & Gravy Crispy Cubed Potatoes Carrot & Cabbage Casserole WW Bread Cereal Bar Skim Milk	Oven Fried Chicken Lemon Baked Tilapia w/Bread Crumbs Mashed Potatoes& Gravy 5 Veggie Mix Oatmeal Cookie Skim Milk
14	15	16	17	18
Macaroni & Ground Beef Alfredo Chicken on Noodles Green Beans Peaches WW Dinner Roll Skim Milk	Swiss Steak Apple Brown Sugar Pork Chop Potato Wedges Chateau Vegetables WW Bread Graham Crackers Skim Milk	Turkey & Dressing Baked Fish on Veggie Rice Pilaf Country Corn Casserole Banana Skim Milk	Marinara Beef Chicken Parmesan on Penne Pasta Peas Pineapple WW Bread Skim Milk	Chicken Nuggets Fish Sticks Dilled Baby Red Potatoes Broccoli WW Snack Bar Skim Milk
21	22	23	24	25
Pizza Colorful Macaroni & Cheese 5 Veggie Mix Peaches Oatmeal Raisin Cookie Skim Milk	Swedish Meatballs on Noodles Shepherds Pie California Vegetables Yogurt w/Fruit and Grains WW Bread Skim Milk	Chef's Choice Sloppy Joe on WW Bun Peas and Carrots Emerald Pears Skim Milk	Zesty Chicken & Rice Beef & Noodles Succotash Fresh Orange Blueberry Muffin Skim Milk	Italian Beef Sandwich Breaded Fish Fillet on Bun Crispy Cube Potatoes Green Beans & Red Peppers Pineapple Skim Milk
28	29	30	31	
Hamburger on Bun Shredded Chicken on Bun Potato Wedges Stewed Tomatoes & Zucchini Fresh Apple Skim Milk	Chicken Strips & Tator Tots Tator Tot Casserole Corn Banana WW Dinner Roll Graham Crackers Skim Milk	Pepper Steak Sweet and Sour Chicken Rice Peas Mandarin Oranges & Pineapple WW Bread Skim Milk	Turkey Tetrazini Italian Spaghetti Breadstick Broccoli Raisin Salad Orange Skim Milk	

Week

3

4

5

6

7