



C.H.A.M.P.S.S. Lunch Menu

October 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|---|---|
| 31 Bean Soup Grilled Ham & Cheese Sandwich Potato Chips Fresh Fruit Cup Beverage | | | | | 1 Chicken Alfredo Over Penne Buttered Peas Tossed Salad/Dressing Banana Cream Pie Garlic Bread Stick Beverage | 2 Beef Fritter Brown Gravy Macaroni & Cheese Steamed Broccoli (A) Frosted Spice Cake Bread & Margarine Beverage |
| 3 Pork Loin Garden Blend Rice Creamy Cole Slaw Fruit Salad Bread & Margarine Beverage | 4 Lasagna California Blend Vegetables Tossed Green Salad Fruit Shortcake (FR) Garlic Bread Stick Beverage | 5 Pulled Pork on Bun Baked Beans Peach Crisp (FR) Beverage | 6 Meatloaf with Ketchup Glaze Mashed Potatoes & Gravy Spinach Bake (A) Pineapple Upside Down Cake Dinner Roll Beverage | 7 Cheese Enchiladas Red Beans & Rice Lettuce & Tomato Salad Churros Beverage | 8 Chili Cheese Dog on Bun Tater Tots Green Pea Salad Beverage | 9 Cheese Tortellini with Marinara Sauce Five Way Mixed Vegetables (A) Tossed Salad/Dressing Cranberry Oat Bar Garlic Bread Stick Beverage |
| 10 Thyme Baked Chicken Breast Parslied Buttered Potatoes Broccoli with Cheese Sauce (A) Carrot Cake w/Cream Cheese Frosting Dinner Roll/Margarine Beverage | 11 Minestrone Soup Egg Salad on Croissant Mandarin Beet Salad Chocolate Chip Cookie Bar Beverage | 12 Creamy Mushroom Chicken Baked Potato w/Sour Cream Buttered Carrots (A) Pumpkin Bar Dinner Roll/Margarine Beverage | 13 Beef Pot Roast w/ Brown Gravy Carrots, Potatoes, Onions, Celery (A) Rice & Orzo Pilaf Strawberry Rhubarb Pie Dinner Roll Beverage | 14 Resident's Choice (3 oz Pro/1 Grain/1 Veg) Beverage | 15 Baked Salmon Cheesy Baked Rice & Beans Italian Vegetable Blend Bread & Margarine Pear Crisp (FR) Beverage | 16 Homemade Vegetable Soup Ham Salad Sandwich BLT Pasta Salad Fruit Salad Beverage |
| 17 Garden Vegetable Soup Broccoli & Cheese Strata Hash Brown Patty Ambrosia Beverage | 18 Chicken Alfredo Over Fettuccini Green Beans with Onions Pineapple Crisp (FR) Bread Stick Beverage | 19 Glazed Baked Ham Mashed Potatoes Sauteed Cabbage Pecan Pie Dinner Roll Beverage | 20 Unstuffed Green Pepper Casserole Cauliflower with Cheese Sauce Caesar Salad Autumn Fruit Crumble (FR) Beverage | 21 Roast Turkey & Gravy Combread Dressing Glazed Carrots (A) Tossed Salad/Dressing Pumpkin Pie (A) Beverage | 22 Mushroom & Barley Soup Deli Sandwich Lettuce/Tomato/Pickle Homemade Potato Salad Ketchup/Mayo/Mustard Beverage | 23 Hamburger or Cheeseburger on Bun French Fries California Blend Vegetables Ketchup Glazed Applesauce Cake Beverage |
| 24 Roast Beef Mashed Potatoes & Gravy Buttered Carrots (A) Pears Dinner Roll/Margarine Beverage | 25 Meatball Sub Sandwich Steak Fries Ranch Vegetable Salad Fruit Upside Down Cake Ketchup Beverage | 26 Seafood Patty Rice Pilaf Five Way Mixed Cheese Herb Biscuit Sherbet Beverage | 27 BBQ Chicken Chuckwagon Corn Tossed Salad/Dressing Dinner Roll/Margarine Blueberry Bottom Cake Beverage | 28 Resident's Choice (3 oz Pro/1 Grain/1 Veg/1 Frt) Beverage | 29 Baked Creamy Garlic Chicken Roasted Red Potatoes Peas & Mushrooms Mixed Fruit Cup Beverage | 30 Country Style BBQ Ribs Braised Red Cabbage Potato Salad Apple Brown Betty (FR) Dinner Roll/Margarine Beverage |

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|--|--|--|---|---|---|--|
| 31 Fried Chicken Mashed Potatoes & Canned Green Beans Pie of the Day Milk/Beverage | | | | | 1 Baked Beef Stew w/Biscuit Topping Harvard Beet Salad Tropical Fruit Milk/Beverage | 2 Egg Sausage Hashbrown Casserole Buttered Italian Blend Baked Apple Slices Biscuit Milk/Beverage |
| 3 Baked Ham Loaded Mashed Potatoes Asparagus Tips Cherry Pie Cornbread/Margarine Milk/Beverage | 4 Crispy Chicken Sandwich on Bun Potato Chips Marinated Carrots (A) Chocolate Mousse Milk/Beverage | 5 Roast Turkey & Gravy Baked Sweet Potato (A) Buttered Peas Bread Pudding with Bread & Margarine Milk/Beverage | 6 Chicken & Dumplings Buttered Carrots (A) Fruit Cobbler (FR) Milk/Beverage | 7 Resident's Choice (3 oz Pro/2 Grain/2 Veg) Milk/Beverage | 8 Tuna Noodle Casserole Tossed Green Salad Cinnamon Baked Apples Bread/Margarine Milk/Beverage | 9 Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Green Bean Casserole Brownie Milk/Beverage |
| 10 Salisbury Steak Mashed Potatoes & Gravy Buttered Corn Apple Cobbler (FR) Milk/Beverage | 11 Meatloaf Brown Gravy Macaroni & Cheese Carrots Fruit Cup Milk/Beverage | 12 Sloppy Joe on Bun Tater Tots Ketchup Spiced Peaches Milk/Beverage | 13 Swedish Meatballs with Sauce Buttered Rice Spinach Bake (A) Fruited Gelatin (FR) Milk/Beverage | 14 Deluxe Potato Ham Bake Five Way Mixed Vegetables (A) Pudding Parfait Cornbread/Margarine Milk/Beverage | 15 Turkey Tetrazzini Green Beans Tossed Salad/Dressing Goopy Butter Cookies Milk/Beverage | 16 Pork Fritter Sour Cream Chive Mashed Potatoes Country Gravy Lima Beans Cherry Cheesecake Milk/Beverage |
| 17 Beef Pot Roast with Gravy Baby Bakers Roasted Baby Carrots & Onions (A) Caramel Brownie Dinner Roll/Margarine Milk/Beverage | 18 Country Fried Steak w/ Gravy Garlic Mashed Potatoes Buttered Peas Chocolate Mousse Bread/Margarine Milk/Beverage | 19 Turkey Ala King over Biscuit Vegetable Medley Marinated Tomato Salad Apple Orchard Bar Milk/Beverage | 20 Hot Sliced Pork on Bun Onion & Pickle Slice Sweet Potato Fries Creamy Cole Slaw Frosted Cake Milk/Beverage | 21 Resident's Choice (2 oz Pro/1 Grain/2 Veg) Milk/Beverage | 22 Cheesy Ground Beef Pasta Skillet Lima Beans Banana Pudding (FR) Biscuit Milk/Beverage | 23 Cornflake Chicken Hashbrown Casserole Chopped Spinach (A) Milk/Beverage |
| 24 Chicken Tenders Baked Macaroni & Cheese Green Beans w/ Red Pepper Apple Pie Milk/Beverage | 25 Beef Stroganoff Over Egg Noodles Steamed Broccoli (A) Caesar Salad Bread & Margarine Chocolate Cream Pie Milk/Beverage | 26 Herb Roasted Pork Loin with Gravy Sweet Potato Casserole Creamed Spinach (A) Black Forest Cake Bread & Margarine Milk/Beverage | 27 Ham & Beans Fried Potatoes & Onions Mandarin Oranges & Pineapple Cornbread/Margarine Milk/Beverage | 28 Homemade Soup of the Day Grilled Turkey & Cheese Sandwich Tater Tots Dill Pickle Spear Cherry Crisp (FR) Milk/Beverage | 29 Chili Split Frank on Bun Pickled Beet Salad Peanut Butter Bars Ketchup/Mustard Milk/Beverage | 30 New England Clam Chowder Tuna Melt on Wheat Green Pea Salad Tropical Fruit Milk/Beverage |