

Dinner Menu

Tri City Retirement Menu

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Garlic & Herb Chicken Garden Blend Rice Grilled Asparagus Cherry Chocolate Crisp	2 Battered Fish Fried Potato Savory Green Beans Tropical Upside Down Cake	3 Smoked Maple Ribs Potato Salad Baked Beans Cornbread Seasonal Fresh Fruit
4 Rotisserie Chicken Mashed Potatoes Chicken Gravy Seasonal Vegetable Blueberry Pie	5 Lasagna w/Meat sauce Garlic Toast Frosted Brownie	6 Caribbean Pork Chop Baked Sweet Potato Zucchini Slices Peach Melba Trifle	7 Open Face Hot Beef Sandwich Mashed Potato Beef Gravy Glazed Carrots Strawberry Pie	8 Smothered Chicken Garden Blend Rice Snow Peas Cream Puff	9 Salmon with Lemon Sauce Cauliflower Au Gratin Fresh Bread Seasonal Fruit	10 Chicken Fajita Pasta Bake Sweet Corn Fresh Bread Basket Key Lime Tart
11 Yankee Pot Roast Roasted Potatoes/Carrots/ Onion Beef Gravy Pie	12 Toasted Ravioli w/ Marinara Peas Fresh Melon Chefs Choice Dessert	13 Honey Dijon Chicken Smashed Potatoes Asparagus w/Bacon Pound Cake	14 Greek Pork Chop Parmesan Orzo Pasta Broccoli Garlic Toast Cherry Fluff	15 Bacon Wrapped Pork Loin Mashed Potatoes Seasonal Vegetables Fresh Bread Cherry Chocolate Crisp	16 Breaded Pollock Filet Flame Roasted Potatoes & Vegetables Asparagus Heath Bar Blondie	17 Country Fried Steak Mashed Potatoes Country Gravy Corn Peach Cobbler
18 Baked Ham Parsley Mashed Potatoes Green Bean Casserole Pumpkin Pie	19 Goulash Capri Blend Vegetables Garlic Breadstick Banana Cheesecake	20 Swiss Steak w/ Tomato Mashed Potatoes Broccoli w/ Cheese Sauce Pumpkin Bar	21 Cowboy Meatloaf Casserole Peas Dinner Roll Pineapple Upside Down Cake	22 Baked Chicken Legs Roasted Potato Medley Parslied Carrots Pecan Pie	23 Salmon Patty Au Gratin Potatoes Snow Peas Dinner Roll Brownie	24 Beef Fajita Bake Bread Stick Cottage Cheese Jello Cake
25 Meatloaf Baked Potato Asian Vegetable Blend Dinner Roll Apple Pie	26 Spaghetti with Meatballs Garlic Bread Stick Brussel Sprouts Coconut Bar	27 Bruschetta Chicken Potatoes O'Brien Green Beans Dinner Roll Carrot Cake	28 3 Cheese Macaroni Bake Cheddar Corn Bread Cherry Pie Crumb Bar	29 Rotisserie Chicken Smashed Potatoes Chicken Gravy Seasonal Vegetable Roll Pie	30 Fish Fry Salt Potatoes Coleslaw Dinner Roll Ice Cream	31 Pasta Primavera Broccoli and Cauliflower Blend Fresh Italian Bread Coconut Cream Pie