



## SALAD OPTIONS FOR OCTOBER 2018

### Week 1 – 10/5

#### **Pulled Pork Santa Fe Salad**

Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips

**Dressing:** Ranch

**Meal items to be served with this:** Banana, Carmel Apple Crisp

### Week 2 – 10/12

#### **7 Layer Salad**

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs.

**Dressing:** None

**Meal items to be served with this:** Mini Croissant, Peaches, Cheesecake Brownie

### Week 3 – 10/19

#### **Harvest Salad**

Mixed greens topped with beets, garbanzo beans, cucumber, red onion and feta.

**Dressing:** Balsamic Vinaigrette

**Meal items to be served with this:** French Roll, butter, Apple Pie with Ice Cream

### Week 4 – 10/26

#### **Chicken Confetti Salad**

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.

**Dressing:** Ranch

**Meal items to be served with this:** Grape Juice, Biscuit, Butter, Spiced Apples



# OCTOBER



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Italian Sausage on Bun Oven Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream Cup <b>VO – Veggie Meaballs</b> <b>NCS – SF Ice Cream</b>	Chili Baked Potato/ Sour Cream Banana Cornbread/Butter Rice Pudding <b>VO – Veggie Chili</b> <b>NCS – SF Pudding</b>	Taco Chicken Tortilla Refried Beans Fiesta Corn Tropical Fruit Frosted White Cake <b>VO – Veggie Taco</b> <b>NCS – SF Cookie</b>	Pulled Pork on a WW Bun Creamy Coleslaw Carrot Raisin Salad Grape Juice Vanilla Pudding <b>VO – Black Bean                      Burger</b> <b>NCS – SF Pudding</b>	Brats with Kraut on a Bun Ketchup/Mustard Stewed Tomatoes Banana Carmel Apple Crisp <b>VO – Cheese and                      Tomato Sandwich</b> <b>NCS – SF Cookie</b>
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Beef Pot Pie w/biscuit top Creamed Spinach Apple Juice Chocolate Frosted White Cake <b>VO – Veggie Pot Pie</b> <b>NCS – Pineapple</b>	Chicken and Gravy Over a slice of White bread Mashed Potatoes/Butter Green Beans Orange Carnival Cookie <b>VO – Soy and Gravy</b> <b>NCS – SF Cookie                      Packet</b>	Fish Sandwich on WW Bun Cheese Slice Tartar Sauce Yams Coleslaw Fruit Cup Strawberry Jello <b>VO – Garden Burger</b> <b>NCS – SF Jell-o</b>	Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Balsamic Vinaigrette Banana Ambrosia Salad <b>VO – Veggie Meat-                      balls in Marinara</b> <b>NCS – Mandarin Or-                      anges</b>	Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie <b>VO – Egg Salad</b> <b>NCS – SF Chocolate                      Pudding</b>
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Cheeseburger on WW Bun Ketchup/Mustard Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff <b>VO – Black Bean                      Burger</b> <b>NCS – SF Jell-o</b>	Egg Salad Sandwich on WW Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip <b>VO – N/A</b> <b>NCS – Orange</b>	Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake <b>VO – Veggie Wrap</b> <b>NCS – SF Cookie</b>	Chicken Mac Casserole Peas Tomato Juice Pineapple Butterscotch Pudding <b>VO – Mac and                      Cheese</b> <b>NCS – SF Pudding</b>	BBQ Ribs Cheesy Potatoes Roasted potato/ onion/carrot Soft French Roll/ Butter Apple Pie with Ice Cream <b>VO – Veggie BBQ                      Meatballs</b> <b>NCS – SF Ice Cream</b> <b>Congregate Meal                      details pg. 1</b>
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Cheese Tortellini Bake (In meat sauce) Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp <b>VO – Veggie Tortelli-                      ni Bake</b> <b>NCS – SF Cookie</b>	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Tapioca Pudding <b>VO – HummusWrap</b> <b>NCS – SF Pudding</b>	Chicken a la King Over Biscuit Carrots Corn Salad Peaches Raspberry Sherbet <b>VO – Soy a la King</b> <b>NCS – SF Ice Cream</b>	Traditional Meatloaf Mashed Potatoes w/ Gravy Corn White Bread/Butter Apple Juice Cup Frosted White Cake <b>VO – Black Bean                      Burger</b> <b>NCS – SF Jell-o</b>	Egg Bake Diced Roasted Red Pota- toes Grape Juice Biscuit/Butter Spiced Apples <b>VO – N/A</b> <b>NCS – N/A</b>
Monday 29	Tuesday 30	Wednesday 31		
Pizza Burger (Beef Patty, white cheese slice, marinara, bun) Navy Bean Salad Marinated cucumbers Banana Chocolate Chip Cookie <b>VO – Garden Burger</b> <b>NCS – SF Cookie</b>	Ham and Potato Casse- role California Blend Fruit Cup (fresh or pkg) MG Bread/ Butter Chocolate Cream Pie <b>VO – Soy and Pota-                      to Casserole</b> <b>NCS – SF Pudding</b>	Enchilada Casserole Sour Cream Corn Tossed Greens w/ tomatoes French Dressing Strawberry Cheesecake Brownies <b>VO – Bean Burrito</b> <b>NCS – SF Jell-o</b>	Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION <i>All menu items are                      prepared in kitchens                      that are not allergen-                      free.</i>	<i>We cannot guarantee                      that food allergens will                      not be transferred                      through cross-contact.                      No substitutions allowed.</i> Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard