

# OCTOBER | 2022



## PRC Dinner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 Spaghetti with meat sauce Assorted veggies Fruit
2 Chicken fajitas Brown rice Assorted veggies Fruit Veggies	3 Lasagna roll ups Assorted veggies Fruit	4 Meatloaf Mashed potatoes Assorted veggies Fruit	5 Roasted chicken Creamy rice Assorted veggies Fruit	6 Beef stroganoff Buttered noodles Assorted veggies Fruit	7 Pork tacos Brown rice Assorted veggies Fruit	8 Turkey chili Dinner roll Assorted veggies Fruit
9 Crispy fish Sweet potatoes Assorted veggies Fruit	10 Chicken stir fry Fried rice Assorted veggie Fruit	11 Pot roast Dinner roll Assorted veggies Fruit	12 Honey Dijon pork loin Rice pilaf Assorted veggies Fruit	13 Salisbury steak Mashed potatoes Assorted veggies Fruit	14 BBQ Pulled pork Baked beans Assorted veggies Fruit	15 Spaghetti with meat sauce Assorted veggies Fruit
16 Chicken fajitas Brown rice Assorted veggies Fruit Veggies	17 Lasagna roll ups Assorted veggies Fruit	18 Meatloaf Mashed potatoes Assorted veggies Fruit	19 Roasted chicken Creamy rice Assorted veggies Fruit	20 Beef stroganoff Buttered noodles Assorted veggies Fruit	21 Pork tacos Brown rice Assorted veggies Fruit	22 Turkey chili Dinner roll Assorted veggies Fruit
23 Crispy fish Sweet potatoes Assorted veggies Fruit	24 Chicken stir fry Fried rice Assorted veggie Fruit	25 Pot roast Dinner roll Assorted veggies Fruit	26 Honey Dijon pork loin Rice pilaf Assorted veggies Fruit	27 Salisbury steak Mashed potatoes Assorted veggies Fruit	28 BBQ Pulled pork Baked beans Assorted veggies Fruit	29 Spaghetti with meat sauce Assorted veggies Fruit
30 Chicken fajitas Brown rice Assorted veggies Fruit Veggies	31 Lasagna roll ups Assorted veggies Fruit	1 Meatloaf Mashed potatoes Assorted veggies Fruit	2	3	4	5