MENU FOR October 2023 IN THE GARDEN OF EDEN RESTAURANT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Lunch** Tuna Melt **Dinner** Yankee Pot Roast **Or** Rosemary Roast Chicken	**2** **Lunch** Turkey & Cheese **Dinner** Chicken stuffed w/broccoli **Or** Beef Ravioli	**3** **Lunch** Tuna Salad w/lettuce & tomato on white **Dinner** Baked Fish **Or** Country Fried Steak	**4** **Lunch** Chicken Wrap **Dinner** Spaghetti and Meatballs **Or** Chicken-A-La-King over Rice	**5** **Lunch** BLT on White **Dinner** Hot Roast Beef Sandwich with Gravy **Or** Quiche Lorraine	**6** **Lunch** Chicken Salad on Whole Wheat **Dinner** Shrimp Scampi over Noodles **Or** BBQ Chicken	**7** **Lunch** Hamburger on a Roll **Dinner** Beef Ragout **Or** Pasta Primavera
8 **Lunch** Bologna & Cheese on White **Dinner** Lamb Roast with Dressing & Gravy **Or** Baked Chicken	**9** **Lunch** Chicken Salad on Lettuce **Dinner** Eggplant Parmesan **Or** Beef Stroganoff	**10** **Lunch** Sliced Roast Beef with Cheese on Rye **Dinner** Roast Pork with Gravy **Or** Liver & Onions	**11** **Lunch** Chicken Breast on a Bun **Dinner** Tilapia Creole **Or** Vegetable Quiche	**12** **Lunch** Hot Dog on a Bun **Dinner** Shepherd's Pie **Or** Baked Fish and Baked Potato	**13** **Lunch** Sliced Ham & Cheese on White **Dinner** Country Spareribs **Or** Lemon Chicken	**14** **Lunch** Philly Cheese Steak **Dinner** Crispy Turkey Bake **Or** Beef Lasagna
15 **Lunch** Sliced Turkey on a Croissant **Dinner** Pot Roast **Or** Baked Chicken	**16** **Lunch** Hamburger on a Roll **Dinner** Stuffed Shells **Or** Beef Stew	**17** **Lunch** Ham & Cheese on White **Dinner** Turkey Divan over Rice **Or** Beef & Broccoli Stir-Fry with Rice	**18** **Lunch** Tuna Salad Sandwich **Dinner** Smoked Pork Chops **Or** Creamed Chip Beef over Biscuits	**19** **Lunch** Chicken Patty on Wheat **Dinner** Oven Fried Chicken **Or** Stuffed Peppers	**20** **Lunch** Pork BBQ on White **Dinner** Salisbury Steak **Or** Parmesan Baked Fish	**21** **Lunch** Pizza **Dinner** Cabbage Rolls **Or** Honey Glazed Ham

* Please note: Low-fat salad dressings and low-fat menu items are available every evening; Baked Chicken, Salmon, Vegetable Plate, Steak Burger, Turkey Burger or Garden Burger, Chef Salad, Cobb Salad, Baked Potato, Baked Sweet Potato, Brown Rice and Seasonal Plate. This symbol denotes low-fat menu items.

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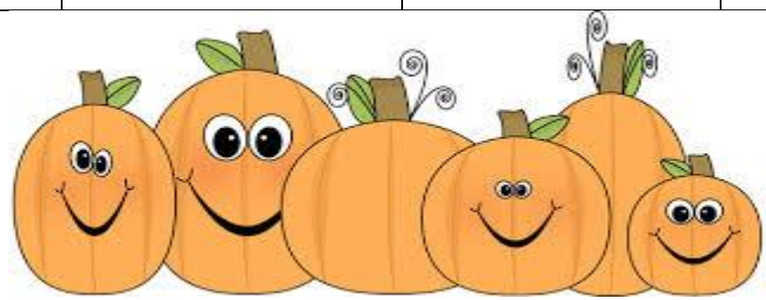
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 **Lunch** Italian Cold Cut Subs **Dinner** Roast Turkey with Dressing **Or** Grilled Fish	**23** **Lunch** Bologna & Cheese on White **Dinner** Vegetable Lasagna **Or** Ham, Potato, & Leek Casserole	**24** **Lunch** Sloppy Joe on a Roll **Dinner** Chicken Parmesan **Or** Salmon Steak with Brown Sugar & Pecans	**25** **Lunch** Chicken Salad on Wheat **Dinner** Meatloaf **Or** Vegetable Quiche	**26** **Lunch** Chicken Strips **Dinner** Sweet & Sour Pork **Or** Turkey Cutlet with Sautéed Mushrooms	**27** **Lunch** Filet of Fish on Roll **Dinner** Baked Scallops **Or** Fettuccine Alfredo	**28** **Lunch** Ham & Swiss **Dinner** BBQ Chicken **Or** Pepper Steak
29 **Lunch** Turkey & Cheese **Dinner** Yankee Pot Roast **Or** Baked Chicken	**30** **Lunch** BBQ Pork on Roll **Dinner** Teriyaki Beef w/Rice **Or** Glazed Apple Pork Loin	**31** **Lunch** Pizza **Dinner** Salmon in lemon & butter **Or** Chicken Marsala				

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