

LEGACY LINK

OCTOBER - DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/03, 10/31, 11/28, 12/26 Chicken and Dumplings with Biscuit Parslied Carrots Green Peas Chocolate Chip Cookie Milk Diet - Graham Crackers	10/04, 11/01, 11/29, 12/27 Santa Fe Beef Stew Buttered Rice Green Beans Saltine Crackers Orange Gelatin Milk Diet - Animal Crackers	10/05, 11/02, 11/30, 12/28 Breaded Chicken w/Country Gravy Whipped Potatoes California Vegetable Blend Dinner Roll Fresh Fruit Milk Margarine Diet-Same ALT: Beef/Mushroom Gravy	10/06, 11/03, 12/01, 12/29 BBQ Pork Country Corn Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: BBQ Meatballs	10/07, 11/04, 12/02, 12/30 Hamburger Patty Baked Pinto Beans Potato Wedges Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Chocolate Milk Mustard/Ketchup Diet - Same ALT: Breaded Chicken
10/10, 11/07, 12/05 Meatloaf/Tomato Gravy Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Oatmeal Cookie Milk Margarine Diet - Vanilla Wafers ALT: Chicken w/Gravy	10/11, 11/08, 12/06 Chicken Gumbo Yellow Rice Northern Beans Saltine Crackers Marble Cake Milk Diet - Animal Crackers	10/12, 11/09, 12/07 Smothered Meatballs Macaroni & Cheese Okra & Tomatoes Wheat Bread Fresh Banana Chocolate Milk Margarine Diet - Same ALT: Popcorn Chicken	10/13, 11/10, 12/08 Ham & White Beans Glazed Carrots Turnip Greens Cornbread Pineapple Tidbits Milk Margarine Vinegar Diet - Same	10/14, 11/11, 12/09 Beef Rice Casserole Country Corn Spring Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same
10/18, 11/15, 12/13 Chicken Potato Bake Green Beans Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine Diet- Vanilla Wafers	10/19, 11/16, 12/14 Sausage/Onion/Peppers Baked Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Diet - Same ALT: Sloppy Joe Meatball	10/20, 11/17, 12/15 Beef w/Mushroom Gravy Delmonico Potatoes Spinach Cornbread Banana Pudding Milk Margarine Diet - Graham Crackers ALT: Pineapple Chicken	10/21, 11/18, 12/16 Popcorn Chicken w/Country Gravy Carrots Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Pepper Beef	10/22, 11/19, 12/17 Turkey Chili Rice Broccoli Saltine Crackers Pineapple Tidbits Milk Diet - Same
10/24, 11/21, 12/19 Beef w/Peppers and Onions Twice Whipped Potatoes Carrots Dinner Roll Chocolate Chip Cookie Milk Margarine Diet-Graham Crackers ALT: Chicken w/Gravy	10/25, 11/22, 12/20 Beef Spaghetti Casserole Italian Vegetable Blend Tossed Salad Wheat Bread Hot Spiced Pears Milk Margarine Ranch Dressing Diet - Hot Pears	10/26, 11/23, 12/21 Macaroni & Cheese Black-eyed Peas Cabbage Cornbread Fresh Fruit Chocolate Milk Margarine Vinegar Diet - Same	10/27, 11/24, 12/22 Tomato Basil Chicken Parslied Rice Country Vegetable Blend Dinner Roll Pineapple Tidbits Milk Margarine Diet - Same ALT: Spanish Beef Patty	10/28, 11/25, 12/23 Glazed Ham Whipped Sweet Potatoes Green Beans Wheat Bread Fresh Fruit Milk bee Diet - Same ALT: Turkey Breast w/ Gravy
Halloween Holiday Meal Friday, October 28th	Thanksgiving Holiday Meal Wednesday, November 23rd	Christmas Holiday Meal Wednesday, December 21st	New Year's Holiday Meal Thursday, December 29th	
Egg Patty Sausage Patty Cheese Grits Hot Cinnamon Applesauce Grape Juice Biscuit Milk Margarine Diet - Same	Turkey Breast with Gravy Cornbread Dressing Green Beans Amandine Dinner Roll Pumpkin Bar Milk Margarine Cranberry Sauce Diet - Angel Food Cake	Pork Loin/Gravy Whipped Potatoes Green Beans Dinner Roll Spiced Cake Milk Margarine Diet - Angel Food Cake	Glazed Ham Black-eyed Peas Cabbage Cornbread Georgia Pudding Milk Margarine Vinegar Diet - Graham Crackers	 TRIO Community Meals an elior company