


Anticipated Hot Meal Menu- October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
Corn Chowder Soup Cabbage Rolls with Tomato Sauce Corned Beef & Swiss Cheese Sandwich 	Happy Halloween! Curry Butternut Squash Soup Beef & Broccoli Stir Fry Chicken Salad Wrap	 feeding body and soul™ Questions? Call Us: 780-429-2020				Beef Vegetable Soup Hungarian Pork Goulash Seafood Salad Sandwich 
2	3	4	5	6	7	8
French Onion Soup Chicken & Rice au Gratin Casserole Corned Beef Sandwich 	Fiesta Soup Cabbage Rolls with Tomato Sauce Ham Salad Sandwich	Cream of Vegetable Soup Meatloaf with Mushroom Gravy Sliced Roast Turkey Sandwich	Beef Vegetable Soup Hamburger Macaroni Casserole Salmon Salad Sandwich	Wonton Soup Chicken Stir Fry Cucumber & Cream Cheese Sandwich	Cream of Broccoli Soup Baked Ham with Orange Pineapple Sauce Cheddar Cheese & Tomato Sandwich	Navy Bean Soup Shepherds Pie Sliced Ham Sandwich 
9	10	11	12	13	14	15
Wonton Soup Ginger Beef Salmon Salad Sandwich 	Thanksgiving: Office Closed Green Pea Soup Baked Cod with Lemon Dill Sauce Egg Salad Sandwich 	Chicken & Rice Soup Roast Beef au Jus Tuna Salad Sandwich	Cream of Tomato Soup Chicken & Rice au Gratin Casserole Cheese & Tomato Sandwich	Mulligatawny Soup Perogies with Garlic Sausage Meatloaf Sandwich	French Onion Soup Chicken a la King Roast Beef Sandwich	Cream of Celery Soup Roast Turkey with Dressing Salmon Salad Sandwich 
16	17	18	19	20	21	22
Clam Chowder Soup Maple Glazed Ham with Pineapple Sauce Tuna Salad Sandwich 	Mushroom & Barley Soup Spaghetti & Meatballs Sliced Roast Turkey Sandwich	Tomato & Rice Soup Ham with Scalloped Potatoes Vegetarian Sandwich	Chicken Noodle Soup Homemade Macaroni & Cheese Ham Salad Sandwich	Corn Chowder Hungarian Pork Goulash Reuben Sandwich	Minestrone Soup BBQ Chicken Salmon Salad Sandwich	Fiesta Soup Sweet & Sour Pork Roast Turkey Sandwich 
23	24	25	26	27	28	29
Mulligatawny Soup Chicken with BBQ Sauce Ham & Cheese Sandwich 	Navy Bean Soup Baked Lasagna Egg Salad Sandwich	Tomato & Tortellini Soup Chicken with Mushroom Sauce Cheddar Cheese & Tomato Sandwich	Borscht soup Hearty Beef Pot Pie Club Wrap	Country Vegetable Soup Salmon Loins with Teriyaki Sauce Corned Beef & Swiss Cheese Sandwich	Cream of Wild Mushroom Soup Roast Pork with Apple Stuffing Chicken Salad Sandwich	Minestrone Soup Baked Macaroni & Cheese Egg Salad Sandwich 

 Indicates that the meals that are delivered are frozen. Weekend meals are delivered Fridays. Holiday meals are delivered the last working day before the holiday. Special Diets such as NO PORK or NO FISH will receive substitutions for these items. One meal packages do not include a sandwich.