



# OCTOBER

## CENTRAL VALLEY PACE MENU

**MON**

**TUE**

**WED**

**THU**

**FRI**

**WEEK 1**

2  
TURKEY TOSTADA  
W/ BEANS,  
LETTUCE,  
TOMATO &  
CHEESE  
FIESTA CORN

3  
MEATLOAF W/  
GRAVY  
MASHED  
POTATOES  
CA VEGETABLES

4  
TURKEY SLOPPY  
JOE  
GREEN BEANS  
WHOLE GRAIN  
BUN

5  
CHEESE AND  
VEGETABLE  
LASAGNA  
MIXED  
VEGETABLES  
SPINACH SIDE  
SALAD W/  
DRESSING

6  
DICED CHICKEN  
CHEESE  
TORTELLINI W/  
ALFREDO SAUCE  
PEAS & CARROTS  
WHOLE GRAIN  
DINNER ROLL

**WEEK 2**

9  
COUNTRY FRIED  
STEAK  
MASHED  
POTATOES W/  
GRAVY  
VEGETABLES

10  
BREADED  
CHICKEN  
MARINARA  
OVER PASTA  
CAESER SALAD W/  
DRESSING

11  
TURKEY BURGER  
W/ LETTUCE AND  
TOMATO ON  
WHOLE GRAIN BUN  
SIDE GARDEN  
SALAD W/  
DRESSING  
FRESH FRUIT

12  
SAUSAGE, EGG &  
CHEESE  
CROISSANT  
HASH BROWNS  
FRESH BERRIES

13  
CREAMY POTATO  
SOUP  
TEXAS TOAST  
GREEN SALAD  
W/TOMATOES,  
CROUTONS,  
CHEESE, DRESSING

**WEEK 3**

16  
HAWAIIAN  
SLIDERS  
GREEN BEANS  
COLESLAW

17  
BREAKFAST EGG  
SCRAMBLE W/  
VEGETABLES  
TORTILLA  
FRESH FRUIT  
SALAD

18  
SHEPHERD'S PIE  
GARLIC BREAD  
STICK  
BAKED BRUSSEL  
SPROUTS

19  
MEATBALL  
MARINARA  
SANDWICH W/  
PARMESAN  
HOAGIE ROLL  
COOKED  
CARROTS  
SPINACH SALAD  
W/ DRESSING

20  
SALISBURY STEAK  
W/  
GRAVY  
½ POTATO,  
LOADED W/ SOUR  
CREAM, CHEESE,  
CHIVES  
BROCCOLI

**WEEK 4**

23  
DICED TURKEY  
RICE PILAF  
GREEN BEANS

24  
CHICKEN  
CASSEROLE  
GREEN BEANS  
SPINACH SALAD  
W/ DRESSING

25  
TURKEY SAUSAGE  
PATTY  
SCRAMBLED EGGS  
DICED POTATOES  
FRESH FRUIT

26  
BBQ SHREDDED  
CHICKEN  
SANDWICH ON A  
ROLL  
BAKED BEANS  
COLESLAW

27  
CHEESEBURGER W/  
ONION, LETTUCE,  
TOMATO ON  
WHOLE GRAIN BUN  
GARDEN SALAD W/  
DRESSING  
WATERMELON