

## INGREDIENTS LIST FOR OCTOBER - 2020 MENUS

OCT. 1 STUFFED PEPPERS – GREEN PEPPERS, BEEF, WATER, RICE, ONIONS,  
BREADCRUMBS, EGGS, SALT, CELERY, DICED TOMATOES,  
TOMATO PASTE, SUGAR, ONION POWDER, DEHY GARLIC,  
MILK, SOY, WHEAT

HASH BROWNS – POTATOES, VEG. OIL

POUND CAKE – FLOUR, SUGAR, EGGS, MARG., MILK

DINNER ROLL – FLOUR, YEAST, WATER

OCT. 5 CHICKEN MARSALA – CHICKEN, MUSHROOMS, MUSHROOM SOUP,  
CHICKEN BROTH, FLOUR, WATER

SWEET POTATO CASSEROLE – COOKED YAMS, MARGARINE

MIXED VEGS (WINTER BLEND) – BROCCOLI, CAULIFLOWER

BLUEBERRY MUFFIN - BLUEBERRIES, FLOUR, EGGS, SUGAR, MILK

DINNER ROLL – FLOUR, YEAST, WATER

OCT. 6 BAKED HAM - PORK

SCALLOPED POTATOES – DEHY. POTATOES, ONIONS, SUGAR, WATER

GRAHAM CRACKERS – FLOUR, HONEY, SOYBEAN OIL

DINNER ROLL – FLOUR, YEAST, WATER

- OCT. 7** SWEDISH MEATBALLS – PORK, BEEF, WATER, DEHY. ONIONS,  
DEHY.CELERY, VEG. OIL, GARLIC POWDER, MILK, SOY,  
WHEAT, SOUR CREAM, FLOUR, BEEF BASE, ONION POWDER  
PASTA – FLOUR, EGGS  
DINNER ROLL – FLOUR, YEAST, WATER  
GELATIN -WATER, ARTIFICIAL FLAVORS, SUCRALOSE, XANTHAN  
GUM, RED 40
- OCT. 8** COUNTRY FRIED STEAK W/GRAVY – BREADED BEEF PATTIE, FLOUR,  
ONION POWDER, BEEF BASE, WATER  
AUGRATIN POTATOES – DEHY. POTATOES, CHEESE, ONIONS,  
SUGAR, MILK  
DINNER ROLL – FLOUR, YEAST, WATER
- OCT. 12** HOT DOG - BEEF  
BAKED BEANS – BEANS, KETCHUP, SF SYRUP, ONIONS  
POUND CAKE – FLOUR, SUGAR, EGGS, MARG., MILK
- OCT. 13** SWISS STEAK – BEEF, FLOUR, ONION POWDER, CRUSHED  
TOMATOES, ONIONS, BELL PEPPERS, BROTH  
MASHED POTATOES – DEHY. POTATOES, WATER  
CINNAMON MUFFIN – CINNAMON, FLOUR, EGGS, SUGAR, MILK  
DINNER ROLL – FLOUR, YEAST, WATER

**OCT. 14**      **VEGETABLE SOUP – BEEF, MIXED VEGS, CABBAGE, TOMATO JUICE,  
BROTH, WATER**

**CHIC.SALAD – CHIC, SALAD DRESS., EGGS, SW. RELISH,ONIONS**

**PUDDING – CORNSTARCH, COCOA, MILK**

**OCT. 15**      **SLOPPY JOE – BEEF, KETCHUP, ONIONS, SUGAR, WATER**

**TATER TOTS – POTATOES, VEG. OIL**

**MIXED VEGETABLES (CAPRI BLEND) – GREEN BEANS, CARROTS,  
YELLOW SQUASH, ZUCCHINI**

**GRAHAM CRACKERS – FLOUR, HONEY, SOYBEAN OIL**

**OCT. 19**      **TURKEY PATTIE -GROUND TURKEY, BREADING, EGGS**

**FRENCH FRIES – POTATOES, VEG. OIL**

**MUFFIN – BLUEBERRIES OR CINNAMON, FLOUR, EGGS, SUGAR,  
MILK**

**OCT. 20**      **SWEET+SOUR CHICKEN – CHICKEN, WATER, OLIVE OIL, MODIFIED  
POTATO STARCH, CORNSTARCH, GREEN+RED BELL  
PEPPERS, PINEAPPLE, SUGR,  
MIXED VEGETABLES (ORIENTAL) – BROCCOLI, GREEN BEANS,  
ONIONS, MUSHROOMS, RED PEPPERS**

**PUDDING – CORNSTARCH, COCOA, MILK**

**FORTUNE COOKIE – BLEACHED WHEAT FLOUR, SUGAR, WATER,  
SOYBEAN OIL, VANILLA FLAVORING, YELLOW 5 AND YELLOW 6**

- OCT. 21**      **CHICKEN DRUMSTICK – CHICKEN LEGS, BREADING, VEG. OIL**  
**MASHED POTATOES – DEHY. POTATOES, WATER**  
**GRAVY – FLOUR, ONION POWDER, CHIC. BROTH, WATER**  
**ANIMAL CRACKERS – FLOUR, SUGAR, OIL, BAKING SODA**  
**DINNER ROLL – FLOUR, YEAST, WATER**
- OCT. 22**      **CHEESE OMELET – EGGS, CHEESE**  
**HASH BROWN POTATOES – POTATOES, VEG. OIL**  
**BISCUIT – FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**  
**CINNAMON ROLL – FLOUR, WATER, SUGAR, SOYBEAN OIL,**  
**CINNAMON, BAKING SODA, MILK**
- OCT. 26**      **MEATLOAF – GROUND BEEF, EGGS, CRACKER CRUMBS, ONIONS**  
**SCALLOPED POTATOES – DEHY. POTATOES, ONIONS, SUGAR,**  
**WATER**  
**MIXED VEGETABLES – GREEN BEANS, PEAS, CORN, LIMAS, CARROTS**  
**DINNER ROLL – FLOUR, YEAST, WATER**  
**VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS, BAKING SODA**

**OCT. 27      ROAST PORK - PORK**

**MASHED POTATOES – DEHY. POTATOES, WATER**

**MIXED VEGETABLES (SCAND.) – PEAS, ZUCCHINI, GREEN BEANS,  
CARROTS, ONIONS**

**GRAVY – FLOUR, ONION POWDER, PORK BASE, WATER**

**GRAHAM CRACKERS – FLOUR, HONEY, SOYBEAN OIL**

**DINNER ROLL – FLOUR, YEAST, WATER**

**OCT. 28      BEEF STEW – BEEF, POTATOES, STEW VEGS, BEEF STOCK, FLOUR**

**BISCUIT – FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**

**GARDEN SALAD – LETTUCE, SHRED. CARROTS, SHRED RED CABBAGE**

**OCT. 29      SCALLOPED CHICKEN – DICED CHICKEN, STUFFING MIX, CHICKEN**

**BROTH, ONIONS, CELERY**

**MASHED POTATOES – DEHY. POTATOES, WATER**

**GRAVY – FLOUR, ONION POWDER, CHICKEN BROTH, WATER**

**FRUIT MUFFIN – BLUEBERRIES, FLOUR, EGGS, SUGAR, MILK**

**DINNER ROLL – FLOUR, YEAST, WATER**