

# Legacy Link Menu | October 2024

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
|  | <b>1*</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>  |
|  | Fajita Chicken<br>Spanish Rice<br>Black Beans<br>Flour Tortilla<br>Taco Sauce<br>Sour Cream          | Glazed Ham<br>Sweet Potatoes<br>Green Beans<br>Cornbread<br>Oreo Cookies                                  | Sloppy Joe<br>Hashbrown Cass<br>Parslied Carrots<br>Hamburger Bun<br>Fresh Fruit  | Dill Chicken Salad<br>Pasta Salad<br>Broccoli Salad<br>Saltine Crackers<br>Fresh Banana           |
| <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10*</b>  | <b>11</b>   |
| Meatloaf w/Gravy<br>Garlic Potatoes<br>Broccoli<br>Dinner Roll<br>Sugar Cookie                           | Ham & White Beans<br>Glazed Carrots<br>Collard Greens<br>Cornbread<br>Fresh Fruit<br>Vinegar         | Chicken & Rice<br>Country Corn<br>Spring Vegetables<br>Wheat Bread<br>Applesauce                          | Swedish Meatballs<br>Egg Noodles<br>Green Peas<br>Dinner Roll<br>Fresh Banana   | BBQ Pulled Pork<br>Potato Wedges<br>Coleslaw<br>Hamburger Bun<br>Hot Pineapples<br>Ketchup        |
| <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17*</b>  | <b>18</b>   |
| Ground Beef Stew<br>Buttered Rice<br>Green Beans<br>Saltine Crackers<br>Fresh Fruit                      | Chicken Tetrzzini<br>Carrots<br>Green Peas<br>Dinner Roll<br>Chocolate Cookie                        | Roasted Pork Loin<br>Apple Cran Sauce<br>Au Gratin Potatoes<br>Broccoli<br>Wheat Bread<br>Graham Crackers | Hamburger Patty<br>Lettuce & Tomato<br>Baked Pinto Beans<br>Potato Wedges<br>Hamburger Bun<br>Fresh Fruit<br>Mayo/Ketchup/Mustard | Macaroni & Cheese<br>Black-Eyed Peas<br>Collard Greens<br>Cornbread<br>Nutty Buddy Bar<br>Vinegar |
| <b>21</b>  | <b>22</b>  | <b>23*</b>  | <b>24</b>   | <b>25</b>   |
| Chicken/Dumplings<br>Whole Kernel Corn<br>Carrots<br>Dinner Roll<br>Oatmeal Cookie                       | Turkey Chili<br>Baked Potato<br>Tossed Salad<br>Saltine Crackers<br>Hot Pineapples<br>Salad Dressing | Smoked Sausage<br>Baked Navy Beans<br>Cabbage<br>Hot Dog Bun<br>Fresh Banana<br>Mustard   Ketchup         | Chicken Supreme<br>Sweet Potatoes<br>Broccoli<br>Nutty Buddy Bar  | Beef w/Mushroom<br>Penne Pasta<br>Green Beans<br>Dinner Roll<br>Hot Peaches                       |
| <b>28</b>  | <b>29</b>  | <b>30*</b>  | <b>Halloween 31</b>   |   |
| Salisbury Steak<br>Steakhouse Sauce<br>Parslied Rice<br>Peas & Carrots<br>Wheat Bread<br>Carnival Cookie | Chicken Strips<br>Citrus Mojo Sauce<br>Spanish Rice<br>Black Beans<br>Tortilla<br>Fresh Banana       | Glazed Ham<br>Sweet Potatoes<br>Green Beans<br>Dinner Roll<br>Fresh Fruit                                 | Egg Patty<br>Sausage Patty<br>Cheese Grits<br>Hot Peaches<br>Apple Juice<br>Buttermilk Biscuit                                    | Most meals served<br>with Margarine<br><br><b>8 oz Milk Daily</b><br><b>*8 oz Chocolate Milk</b>  |