

# Elderhaus/Mindset October 2021 Picnic Lunches

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				<b>1</b>
100% Whole Grain Servings are at Breakfast Daily.  1% unflavored Milk served daily at breakfast and lunch	Rolls or bread are served with lunch daily.			Philly Beef Roll-Up (Peppers, Onions, Spinach) Tropical Fruit Milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Turkey & Cheese Sandwich Side Salad, Milk Fruit Cocktail	No Picnics	No Picnics	Chinese Chicken Salad; Roll; Milk Mandarin Oranges	Cold Cut Sandwich Pea Salad Pears; Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chicken Salad Sandwich; Pears Fresh Veggies & Dip Milk	Chef Salad w/Turkey or Ham Pineapple Roll & Milk	Chinese Chicken Salad; Roll; Milk Fruit Cocktail	Ham/Cheese Sandwich Cole Slaw Peaches; Milk	No Picnics
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
No Picnics	No Picnics	Ham/Cheese Sandwich Pea Salad Pineapple Milk	Italian Chicken Roll-Up (lettuce/peppers) Mandarin Oranges; Milk	No Picnics
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Cold Cut Sandwich Side Garden Salad Pears; Milk	Chicken Salad Sandwich Cole Slaw; Milk Tropical Fruit	No Picnics	No Picnics	Ham Salad Sandwich; Pea Salad; Milk Pineapple