

# GOLDEN CORRAL LUNCH MENU – 2018/2019: FALL/WINTER

## OCTOBER Reg/Diabetic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Meatloaf Peas 100% Orange Juice Broccoli Rice Casserole Slice Wheat Bread Cookie	Oven Roasted Chicken Carrots Peaches Corn Dinner Roll Cookie	Glazed Baked Ham (Pork Loin) Green Beans Applesauce Macaroni & Cheese Cornbread Banana Pudding	Turkey Tetrazzini Lima Beans Warm Apples Dinner Roll	Pot Roast & Gravy Beets 100% Orange Juice Mashed Potatoes Slice Wheat Bread
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Hamburger Green Beans Baked Beans Bun Applesauce	Baked Spaghetti Carrots Fruit Cocktail Italian Bread Cookie	Beef Pot Pie (Chicken Pot Pie) Garlic Broccoli 100% Orange Juice Mashed Potatoes Dinner Roll	Carved Turkey Stewed Tomatoes Peaches Penne Pasta Slice Wheat Bread Cookie	Beef BBQ Sandwich Fiesta Corn 100% Orange Juice Bun Cinnamon Apples
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Smothered Chopped Steak Cabbage 100% Orange Juice Penne Pasta Cornbread Apple Crisp	BBQ Chicken Collards Pears Macaroni & Cheese Slice Wheat Bread	Pot Roast (Fish Patty) Green Bean Casserole 100% Orange Juice Mashed Potatoes Dinner Roll Banana Pudding	Pork Loin Lima Beans Mandarin Oranges Sweet Potato Casserole Dinner Roll	Chicken & Dumplings Broccoli & Cauliflower Warm Applesauce Slice Wheat Bread Cookie
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Stroganoff w/ Noodles Squash Medley Baked Apples w/ Raisins Slice Wheat Bread Sugar-Free Jello	Mac & Beef Broccoli Peaches Dinner Roll	Meatloaf (Chef's Chicken) Cabbage 100% Orange Juice Sweet Potato Casserole Cornbread Rice Krispy Treat	Pork Tips Peas Pears Penne Pasta Dinner Roll	Hot Dog Green Beans 100% Orange Juice Tater Babies Chili Apple Crisp
<b>29</b>	<b>30</b>	<b>31</b>		
Spaghetti & Meatsauce Peas Peaches Italian Bread Rice Krispy Treat	Hamburger Tater Babies Warm Applesauce Bun	Chicken Pot Pie (Carved Turkey) Spinach 100% Orange Juice (Bread Stuffing) Dinner Roll Peach Crisp	<b>**MILK SERVED DAILY**</b>	
				

# GOLDEN CORRAL LUNCH MENU – 2018/2019: FALL/WINTER

## NOVEMBER Reg/Diabetic

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>					<b>2</b>				
**MILK SERVED DAILY**						Herb Baked Chicken Glazed Carrots 100% Orange Juice Red Potatoes Slice Wheat Bread Cookie		Pot Roast Pot Roast Vegetables Fruit Cocktail Creamed Corn Cornbread	
<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>	
Chicken Salad Beets Peaches Potato Salad Crackers Cookie		Meatballs & Gravy Cabbage 100% Orange Juice Mashed Potatoes Cornbread		Hot Dog (Fish Sandwich – HD) Green Beans Mandarin Oranges Tater Babies Bun		Teriyaki Chicken Spinach 100% Orange Juice Rice Dinner Roll Cookie		Beef BBQ Sandwich Corn Baked Apples Coleslaw	
<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
Meatloaf Peas 100% Orange Juice Broccoli Rice Casserole Slice Wheat Bread Cookie		Oven Roasted Chicken Carrots Peaches Corn Dinner Roll Cookie		Glazed Baked Ham (Pork Loin) Green Beans Applesauce Macaroni & Cheese Cornbread Banana Pudding		Turkey Tetrazzini Lima Beans Warm Apples Dinner Roll		Pot Roast & Gravy Beets 100% Orange Juice Mashed Potatoes Slice Wheat Bread	
<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
Hamburger Green Beans Baked Beans Bun Applesauce		Baked Spaghetti Carrots Fruit Cocktail Italian Bread Cookie		Beef Pot Pie (Chicken Pot Pie) Garlic Broccoli 100% Orange Juice Mashed Potatoes Dinner Roll		Carved Turkey Stewed Tomatoes Peaches Penne Pasta Slice Wheat Bread Cookie		Beef BBQ Sandwich Fiesta Corn 100% Orange Juice Bun Cinnamon Apples	
<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
Smothered Chopped Steak Cabbage 100% Orange Juice Penne Pasta Cornbread Apple Crisp		BBQ Chicken Collards Pears Macaroni & Cheese Slice Wheat Bread		Pot Roast (Fish Patty) Green Bean Casserole 100% Orange Juice Mashed Potatoes Dinner Roll Banana Pudding		Pork Loin Lima Beans Mandarin Oranges Sweet Potato Casserole Dinner Roll		Chicken & Dumplings Broccoli & Cauliflower Warm Applesauce Slice Wheat Bread Cookie	

# GOLDEN CORRAL LUNCH MENU – 2018/2019: FALL/WINTER

## DECEMBER Reg/Diabetic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Stroganoff w/ Noodles Squash Medley Baked Apples w/ Raisins Slice Wheat Bread Sugar-Free Jello	Mac & Beef Broccoli Peaches Dinner Roll	Meatloaf (Chef's Chicken) Cabbage 100% Orange Juice Sweet Potato Casserole Cornbread Rice Krispy Treat	Pork Tips Peas Pears Penne Pasta Dinner Roll	Hot Dog Green Beans 100% Orange Juice Tater Babies Chili Apple Crisp
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Spaghetti & Meatsauce Peas Peaches Italian Bread Rice Krispy Treat	Hamburger Tater Babies Warm Applesauce Bun	Chicken Pot Pie (Carved Turkey) Spinach 100% Orange Juice (Bread Stuffing) Dinner Roll Peach Crisp	Herb Baked Chicken Glazed Carrots 100% Orange Juice Red Potatoes Slice Wheat Bread Cookie	Pot Roast Pot Roast Vegetables Fruit Cocktail Creamed Corn Cornbread
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Chicken Salad Beets Peaches Potato Salad Crackers Cookie	Meatballs & Gravy Cabbage 100% Orange Juice Mashed Potatoes Cornbread	Hot Dog (Fish Sandwich – HD) Green Beans Mandarin Oranges Tater Babies Bun	Teriyaki Chicken Spinach 100% Orange Juice Rice Dinner Roll Cookie	Beef BBQ Sandwich Corn Baked Apples Coleslaw
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Meatloaf Peas 100% Orange Juice Broccoli Rice Casserole Slice Wheat Bread Cookie	Oven Roasted Chicken Carrots Peaches Corn Dinner Roll Cookie	Glazed Baked Ham (Pork Loin) Green Beans Applesauce Macaroni & Cheese Cornbread Banana Pudding	Turkey Tetrazzini Lima Beans Warm Apples Dinner Roll	Pot Roast & Gravy Beets 100% Orange Juice Mashed Potatoes Slice Wheat Bread
<b>31</b>				
Hamburger Green Beans Baked Beans Bun Applesauce				

# GOLDEN CORRAL LUNCH MENU – 2018/2019: FALL/WINTER

## JANUARY Reg/Diabetic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		2		3
	Baked Spaghetti Carrots Fruit Cocktail Italian Bread Cookie	Beef Pot Pie (Chicken Pot Pie) Garlic Broccoli 100% Orange Juice Mashed Potatoes Dinner Roll	Carved Turkey Stewed Tomatoes Peaches Penne Pasta Slice Wheat Bread Cookie	Beef BBQ Sandwich Fiesta Corn 100% Orange Juice Bun Cinnamon Apples
7		8		9
Smothered Chopped Steak Cabbage 100% Orange Juice Penne Pasta Cornbread Apple Crisp	BBQ Chicken Collards Pears Macaroni & Cheese Slice Wheat Bread	Pot Roast (Fish Patty) Green Bean Casserole 100% Orange Juice Mashed Potatoes Dinner Roll Banana Pudding	Pork Loin Lima Beans Mandarin Oranges Sweet Potato Casserole Dinner Roll	Chicken & Dumplings Broccoli & Cauliflower Warm Applesauce Slice Wheat Bread Cookie
14		15		16
Stroganoff w/ Noodles Squash Medley Baked Apples w/ Raisins Slice Wheat Bread Sugar-Free Jello	Mac & Beef Broccoli Peaches Dinner Roll	Meatloaf (Chef's Chicken) Cabbage 100% Orange Juice Sweet Potato Casserole Cornbread Rice Krispy Treat	Pork Tips Peas Pears Penne Pasta Dinner Roll	Hot Dog Green Beans 100% Orange Juice Tater Babies Chili Apple Crisp
21		22		23
Spaghetti & Meatsauce Peas Peaches Italian Bread Rice Krispy Treat	Hamburger Tater Babies Warm Applesauce Bun	Chicken Pot Pie (Carved Turkey) Spinach 100% Orange Juice (Bread Stuffing) Dinner Roll Peach Crisp	Herb Baked Chicken Glazed Carrots 100% Orange Juice Red Potatoes Slice Wheat Bread Cookie	Pot Roast Pot Roast Vegetables Fruit Cocktail Creamed Corn Cornbread
28		29		30
Chicken Salad Beets Peaches Potato Salad Crackers Cookie	Meatballs & Gravy Cabbage 100% Orange Juice Mashed Potatoes Cornbread	Hot Dog (Fish Sandwich – HD) Green Beans Mandarin Oranges Tater Babies Bun	Teriyaki Chicken Spinach 100% Orange Juice Rice Dinner Roll Cookie	<b>**MILK SERVED DAILY**</b>

# GOLDEN CORRAL LUNCH MENU – 2018/2019: FALL/WINTER

## FEBRUARY Reg/Diabetic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>**MILK SERVED DAILY**</b>				Beef BBQ Sandwich Corn Baked Apples Coleslaw
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Meatloaf Peas 100% Orange Juice Broccoli Rice Casserole Slice Wheat Bread Cookie	Oven Roasted Chicken Carrots Peaches Corn Dinner Roll Cookie	Glazed Baked Ham (Pork Loin) Green Beans Applesauce Macaroni & Cheese Cornbread Banana Pudding	Turkey Tetrazzini Lima Beans Warm Apples Dinner Roll	Pot Roast & Gravy Beets 100% Orange Juice Mashed Potatoes Slice Wheat Bread
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Hamburger Green Beans Baked Beans Bun Applesauce	Baked Spaghetti Carrots Fruit Cocktail Italian Bread Cookie	Beef Pot Pie (Chicken Pot Pie) Garlic Broccoli 100% Orange Juice Mashed Potatoes Dinner Roll	Carved Turkey Stewed Tomatoes Peaches Penne Pasta Slice Wheat Bread Cookie	Beef BBQ Sandwich Fiesta Corn 100% Orange Juice Bun Cinnamon Apples
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Smothered Chopped Steak Cabbage 100% Orange Juice Penne Pasta Cornbread Apple Crisp	BBQ Chicken Collards Pears Macaroni & Cheese Slice Wheat Bread	Pot Roast (Fish Patty) Green Bean Casserole 100% Orange Juice Mashed Potatoes Dinner Roll Banana Pudding	Pork Loin Lima Beans Mandarin Oranges Sweet Potato Casserole Dinner Roll	Chicken & Dumplings Broccoli & Cauliflower Warm Applesauce Slice Wheat Bread Cookie
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Stroganoff w/ Noodles Squash Medley Baked Apples w/ Raisins Slice Wheat Bread Sugar-Free Jello	Mac & Beef Broccoli Peaches Dinner Roll	Meatloaf (Chef's Chicken) Cabbage 100% Orange Juice Sweet Potato Casserole Cornbread Rice Krispy Treat	Pork Tips Peas Pears Penne Pasta Dinner Roll	

# GOLDEN CORRAL LUNCH MENU – 2018/2019: FALL/WINTER

## MARCH Reg/Diabetic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				Hot Dog Green Beans 100% Orange Juice Tater Babies Chili Apple Crisp
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Spaghetti & Meatsauce Peas Peaches Italian Bread Rice Krispy Treat	Hamburger Tater Babies Warm Applesauce Bun	Chicken Pot Pie (Carved Turkey) Spinach 100% Orange Juice (Bread Stuffing) Dinner Roll Peach Crisp	Herb Baked Chicken Glazed Carrots 100% Orange Juice Red Potatoes Slice Wheat Bread Cookie	Pot Roast Pot Roast Vegetables Fruit Cocktail Creamed Corn Cornbread
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chicken Salad Beets Peaches Potato Salad Crackers Cookie	Meatballs & Gravy Cabbage 100% Orange Juice Mashed Potatoes Cornbread	Hot Dog (Fish Sandwich – HD) Green Beans Mandarin Oranges Tater Babies Bun	Teriyaki Chicken Spinach 100% Orange Juice Rice Dinner Roll Cookie	Beef BBQ Sandwich Corn Baked Apples Coleslaw
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Meatloaf Peas 100% Orange Juice Broccoli Rice Casserole Slice Wheat Bread Cookie	Oven Roasted Chicken Carrots Peaches Corn Dinner Roll Cookie	Glazed Baked Ham (Pork Loin) Green Beans Applesauce Macaroni & Cheese Cornbread Banana Pudding	Turkey Tetraxini Lima Beans Warm Apples Dinner Roll	Pot Roast & Gravy Beets 100% Orange Juice Mashed Potatoes Slice Wheat Bread
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Hamburger Green Beans Baked Beans Bun Applesauce	Baked Spaghetti Carrots Fruit Cocktail Italian Bread Cookie	Beef Pot Pie (Chicken Pot Pie) Garlic Broccoli 100% Orange Juice Mashed Potatoes Dinner Roll	Carved Turkey Stewed Tomatoes Peaches Penne Pasta Slice Wheat Bread Cookie	Beef BBQ Sandwich Fiesta Corn 100% Orange Juice Bun Cinnamon Apples

# **GOLDEN CORRAL LUNCH MENU – 2018/2019: FALL/WINTER**