

**October
2021**

Relive Care Center LLC

Breakfast offered Daily: Assorted Cold Cereals (Special K, Rice Krispies, Raisin Bran, Cheerios) Toast, Jelly, Milk, Juices, Coffee, Tea Lunch: Milk and Bread Daily Afternoon Snacks: Orange, apple, cranberry juice milk, graham/ saltine crackers

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				1) Lemon Herb Cod W/Mashed Potatoes w/veggies
30) Meatballs. A comfort food dish in a light sauce studded with peas and egg noodles.	7) American Meatloaf w/mashed potatoes, gravy and chef's choice of veggies	8) Chicken parmesan and spaghetti with veggies and homemade marinara sauce	9) Veggie Lasagna baked with layers cheese carrots spinach, and broccoli	10) Lemon Herb Cod W/Mashed Potatoes w/veggies
13) Veggie Lasagna baked with layers cheese carrots spinach, and broccoli	14) American Meatloaf w/mashed potatoes, gravy and chef's choice of veggies	15) Meat Lasagna, baked with beef, red sauce, cheese and veggies on the side	16) Salisbury Steak- with Gravy, juicy patty served with mash and mix vegetables	17) Lemon Herb Cod W/Mashed Potatoes w/veggies
20) Meatballs. A comfort food dish in a light sauce studded with peas and egg noodles.	21) Veggie Lasagna baked with layers cheese carrots spinach, and broccoli	22) stuffed Cabbage with Meat and rice, served with red sauce	23) Chicken parmesan and spaghetti with veggies and homemade marinara sauce	24) Lemon Herb Cod W/Mashed Potatoes w/veggies
27) Meat Lasagna, baked with beef, red sauce, cheese and veggies on the side	28) Meatballs. A comfort food dish in a light sauce studded with peas and egg noodles	29) Salisbury Steak- with Gravy, juicy patty served with mash and mix vegetables	30) Meatballs. A comfort food dish in a light sauce studded with peas and egg noodles.	