

October 2023

4th Street Diner

Linda Lough- (319) 472-4761

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roast Turkey Mashed Potatoes/Gravy Green Beans Mixed Fruit Cake Bread/Milk	2 Crispy Pollack Oven Browned Potatoes Peas Pears Cookie Bread/Milk	3 Maidrite/Bun Tri-Tator Broccoli Peaches Cake Milk <i>Blood Pressures 11:15-12:15</i> 10 Cent Bingo	4 Ham and Beans Cornbread Carrots Applesauce Five Cup Salad Milk	5 Chicken A La King Biscuit Beets Fresh Fruit Fruit Crisp Milk	6 Salisbury Steak Mashed Potatoes/Gravy Corn Mandarin Oranges Fruited Jello Bread/Milk
8 Baked Ham Parslied Potatoes Green Beans Pineapple Cake Bread/Milk	9 Chicken Noodle Cassrole Beets Peaches Cookie Bread/Milk	10 Bratwurst Bun Macaroni & Cheese Sauerkraut Applesauce Granola Bar Milk	11 Savory Chicken Breast Parslied Potatoes Carrots Pears Vanilla Pudding Bread/Milk	12 Glazed Ham Balls Sweet Potatoes Cauliflower Pineapple Lime Delight Bread/Milk	13 Bacon Wrapped Chicken Legs (2) Baked Beans Pasta Salad Fresh Fruit Fruit Crisp Bread/Milk
15 Chicken Strips Mashed Potatoes/Gravy Corn Mandarin Oranges Cake Bread/Milk	16 Fish Filet Bun Oven Browned Potatoes Pea Salad Mixed Fruit Cookie Milk	17 Swedish Meatballs Baked Potato Half Green Beans Peaches Cake Bread/Milk <i>Blood Pressures 11:15-12:15</i> 10 Cent Bingo	18 Scalloped Ham & Potatoes Carrots Pineapple Granola Bar Bread/Milk	19 Lasagna Garlic bread Coleslaw Fresh Fruit Fruit Crisp Milk Grab Bag Thursday	20 Meatloaf Mashed Potatoes/Gravy Peas Pears Bread Pudding Bread/Milk
22 Roast Pork Mashed Potatoes/Gravy Spinach Peaches Cake Bread/Milk	23 Crispy Chicken Patty Bun Tri Tator Corn Mandarin Oranges Cookie Milk <i>Fresh Conversations 12:15 pm</i>	24 Mushroom Steak Mashed Potatoes/Gravy Carrots Pears Chocolate Pudding Bread/Milk	25 Ham & Egg Casserole Tri Tator Fruit Compote Pastry Bread/Milk	26 Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk	27 Stuffed Pork Chop Party Potatoes Peas Applesauce Dessert Bar Bread/Milk
29 Swiss Steak Parslied Potatoes Carrots Pears Cake Bread/Milk	30 BBQ Pulled Pork Bun Baked Beans Coleslaw Fresh Fruit Fruited Jello/Milk	31 Ghoulash Garlic Bread Green Beans Mandarin Oranges Harvest Dessert Milk	Cell Phone Text Alerts Available for Unplanned Closings and other urgent info. Sign up with Linda or Tanja		

10 Cent Bingo with Keith for On-Site Meal Participants starts at 12:15 pm on October 3rd and 17th.

*** All menu items are subject to change if it reduces food costs. ***