

Oct19

### Rainbow Kitchen, October 2019 Menu

DATE	DAY	MEAL OF THE DAY		BOOKED IN
1	Tue	Salisbury steak - Gravy and mas. Potato		
2	Wed	Honey garlic chicken		
3	Thu	Pepper Steak		
4	Fri	Roasted Pork Loin		
7	Mon	Swedish meatballs with pasta	<i>Salad</i>	
8	Tue	Roasted Chicken Thighs	<i>or Soup</i>	
9	Wed	Roast beef - mashed potato - gravy	<i>will be</i>	BCGREA
10	Thu	Salmon fillet with lemon-dill sauce - Rice	<i>served with</i>	
11	Fri	Chicken cutlets	<i>each meal</i>	
14	Mon	Thanksgiving -- kitchen closed		
15	Tue	Swiss Steak		
16	Wed	Roasted Pork Loin	Dessert	Power Pioneers
17	Thu	Sweet 'N' Sour Chicken	Tea or coffee	
18	Fri	Salisbury steak - Gravy and mas. Potato	included	
21	Mon	Chicken cutlets		
22	Tue	Beef Rouladen		
23	Wed	Pork Cutlets		
24	Thu	Ham Scallop potatoes		
25	Fri	Turkey Dinner		Birthday Lunch
28	Mon	Roasted Pork Tenderloin		
29	Tue	Chicken cutlets		
30	Wed	Spaghetti and meat balls		
31	Thu	Creamy Mustard Chicken		