THE KITCHEN We Deliver!					
		Mon-Fri		621-4080 thekitchen	<b>catering.com</b> monthly menu <u>p</u>
Menu for October 2020					
Fresh fruit salad, <b>Dessert</b> and Grilled chicken salad offered daily					
	28	29	30	1	2
Week of Oct 1st	Bacon and cheese steak or Stuffed pork chops, both with mashed potatoes and gravy, buttered spinach and sweet corn	Spaghetti and meatballs or chicken pot pie, both with side salad and garlic bread	Chicken empanadas or beef enchiladas, both with Spanish rice, re-fried beans, seasoned corn, flour tortillas and salsa	Beef tips or smothered chicken, both over rice or noodles and gravy, broccoli Normandy and black eyed peas	Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit
	5	6	7	8	9
Week of Oct 5th	Meatloaf or roasted chicken, both with mashed potatoes and gravy, peas and carrots and sweet corn on the cob	Chicken Alfredo or Stuffed pasta shells, both with broccoli, sweet carrots and garlic bread	Green chili chicken enchiladas or beef fajitas, both with Spanish rice, charro beans, seasoned corn, flour tortillas and salsa	Pot roast or smothered pork chops, both with mashed potatoes, baby carrots and buttered spinach	Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit
	12	13	14	15	16
Week of Oct 12th	Chicken spaghetti or beef tips over noodles, both with sweet corn on the cob and sauteed string beans	Spaghetti and meatballs or Swiss steak over rice, both with side salad and garlic bread	Chicken empanadas or beef enchiladas, both with Spanish rice, re-fried beans, seasoned corn, flour tortillas and salsa	BBQ brisket or pork ribs, both with potato salad, ranch beans and corn on the cob	Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit
	19	20	21	22	23
Week of Oct 19th	Meatloaf or smothered pork chops, both with mashed potatoes, green bean casserole and navy beans	Beef or three cheese lasagna or chicken Alfredo, both with broccoli, sweet carrots and garlic bread	Chicken quesadillas or Steak ranchero, both with Spanish rice, re-fried beans, seasoned corn, flour tortillas and salsa	Teriyaki chicken or roasted pork loin, both with rice, broccoli and corn on the cob	Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit
	26	27	28	29	30
Week of Oct 26th	Bacon and cheese steak or Stuffed pork chops, both with mashed potatoes and gravy, buttered spinach and sweet corn	Spaghetti and meatballs or chicken pot pie, both with side salad and garlic bread	Green chili chicken enchiladas or beef fajitas, both with Spanish rice, charro beans, seasoned corn, flour tortillas and salsa	Beef tips or smothered chicken, both over rice or noodles and gravy, broccoli Normandy and black eyed peas	Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit