



# OCTOBER

1 Green salad Tomatoes	2 Green salad Carrots	3 Green salad Beetroot	4 Green salad Corn	5 Green salad Tomatoes
Meat strogonoff Shoestring potatoes	Roast chicken Vegetables souffle	Spaghetti Ground beef	Crispy breaded chicken Mashed potatoes	Beef with onions Sauteed pumpkin
Tangerine	Apple	Homemade sweets	Banana	Melon
8 Green salad Carrots	9 Green salad Beetroot	10 Green salad Corn	11 Green salad Tomatoes	12
Chicken lasagna	Meat escalope Toasted flour	Grilled chicken fillet Mashed potatoes	Steak parmesan	Children's Day
Watermelon	Mango	Banana	Melon	
15	16 Green salad Carrots	17 Green salad Beetroot	18 Green salad Corn	19 Green salad Tomatoes
Teachers' Day	Roast chicken Vegetables souffle	Spaghetti Ground beef	Crispy breaded chicken Mashed potatoes	Beef with onions Sauteed pumpkin
	Apple	Homemade sweets	Banana	Melon
22 Green salad Carrots	23 Green salad Beetroot	24 Green salad Corn	25 Green salad Tomatoes	26 Green salad Carrots
Chicken lasagna	Meat escalope Toasted flour	Grilled chicken fillet Mashed potatoes	Steak parmesan	Chicken leg quarters Eggs and chayote
Watermelon	Mango	Banana	Melon	Tangerine
29 Green salad Tomatoes	30 Green salad Carrots	31 Green salad Beetroot	1 Green salad Corn	2
Meat strogonoff Shoestring potatoes	Roast chicken Vegetables souffle	Spaghetti Ground beef	Crispy breaded chicken Mashed potatoes	Holiday
Tangerine	Apple	Homemade sweets	Banana	