

FROZEN FRIDAY MENU OCTOBER 2010

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| October 1 | Baked Rigatoni & Meat Sauce
Meat Loaf |
| October 8 | Chicken Parmesan
Bratwurst & Sauerkraut |
| October 15 | Lemon Pepper Chicken
Roast Turkey & Dressing |
| October 22 | Salisbury Steak
Crab Cake |
| October 29 | Chicken Kiev
Penne Pasta & Meat Sauce |