

October 2018 —Area Senior Center Menu

Lunch served at 11:30 am to 12:30 pm Monday through Friday

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>**All meals served with coffee/tea/milk</i></p>	<p>1 Cheeseburger w/ Lettuce, Tomato & Onions on bun Baked Beans Pasta & Veggies Banana</p>	<p>2 Pork Roast California Blend Veggies Au gratin Potatoes Wheat Roll Cantaloupe</p>	<p>3 Swiss Steak or Liver w/ onions Steamed Rice Broccoli Wheat Roll Fruit</p>	<p>4 Chicken & Dumplings Mashed Potatoes Peas & Carrots Wheat Roll Fruit Salad</p>	<p>5 Sliced Ham & Cabbage Green Beans Juice Corn Drop Biscuit Sliced Peaches</p>	<p>6 </p>
	<p>7</p>	<p>8 BBQ Chicken Buttered Peas Sliced Carrots Wheat Roll Tropical Fruit</p>	<p>9 Ham & Beans Seasoned Spinach Oven Hash Browns Cornbread Cinnamon Applesauce</p>	<p>10 Cubed Steak & Gravy Hominy Broccoli & Cheese Wheat Roll Pineapple</p>	<p>11 Chicken Spaghetti or Spaghetti w/ Meat Sauce Green Leafy Salad Buttered Corn Garlic Roll Strawberries</p>	<p>12 BBQ Riblet on Bun Baked Beans French Fries Orange Pudding w/ Topping</p>
<p>14</p>	<p>15 Beef Stroganoff Harvard Beets Cauliflower Wheat Roll Sliced Pears</p>	<p>16 Chicken Enchiladas Mexican Rice Refried Beans Dark Green Leafy Salad Banana</p>	<p>17 Polish Sausage w/ Sauerkraut Tomato & Zucchini French Fries Cornbread Slices Apples</p>	<p>18 Birthday Dinner  Oven Fried Chicken Mashed Potatoes w/ Gravy Green Beans Hot Roll Birthday Cake/Fruit</p>	<p>19 Cook's Choice </p>	<p>20</p>
<p>21</p>	<p>22 Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll Sliced Peaches</p>	<p>23 Taco Salad w/ Meat, Beans & Cheese Lettuce/Tomatoes Mixed Fruit Tostito Chips Frozen Sherbet</p>	<p>24 Sausage Patties Oven Hash Browns Orange Juice Biscuit & Gravy Apple</p>	<p>25 Sliced Baked Turkey & Gravy Broccoli & Cheese Casserole Buttered Carrots Wheat Roll Sliced Pears</p>	<p>26 Vegetable Beef Soup Tossed Salad Grape Juice Cornbread Fruit Fluff</p>	<p>27</p>
<p>28 </p>	<p>29 Swedish Meatballs w/ Pasta Cali Blend Vegetables Zucchini & Tomatoes Hot Roll Rosy Applesauce</p>	<p>30 Chicken Pot Pie Mashed Potatoes Sliced Beets Apple Juice Sliced Peaches</p>	<p>31 Stuffed Peppers  Broccoli & Cheese Buttered Carrots Wheat Roll Mandarin Oranges</p>	<p>1 Sweet & Sour Chicken w/ Rice Oriental Vegetables Pineapple Chunks Egg Roll Chocolate Chip Cookie</p>	<p>2 White Chili or Chili w/ Beans & Cheese Coleslaw Mixed Fruit Crackers Pudding w/ Topping</p>	<p>3</p>