

October 2018
Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October 1</p> <p>3/4 cup Baked Ziti with Meatballs (3), Marinara Sauce, and 1/2 oz Cheese Topping 1 cup Caesar Salad Garlic Breadstick 1/2 cup Mixed Fruit Salad</p> 	<p>October 2</p> <p>Pork Ribette 1/2 cup Seasoned Potatoes 1/2 cup Baked Beans Dinner Roll Cake</p>	<p>October 3</p> <p>Swiss Steak with 2 oz Onion Gravy 1/2 cup Cabbage and Noodles 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight</p> 	<p>October 4</p> <p>Grilled Chicken Bacon and Swiss Club with Lettuce and Tomato (1 Chicken Filet, 1 Bacon Round, 1 slice Swiss) 1 cup Creamy Potato Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears Condiments</p>	<p>October 5</p> <p>Potato Crusted Fish 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Wheat Bread Fresh Fruit</p> 
<p>October 8</p> <p> Senior Centers Closed</p>	<p>October 9</p> <p>1/2 cup Sloppy Joe 1/2 cup Ranch Seasoned Potatoes 1/2 cup Green Beans Whole Grain Sandwich Roll Cookie</p> 	<p>October 10</p> <p>Hawaiian Pork Chop 1/2 cup Blended Rice Pilaf 1/2 cup Mixed Vegetables White Bread 1/2 cup Sliced Apples</p>	<p>October 11</p> <p>Chicken Picatta 1/2 cup Bowties 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Sliced Peaches</p> 	<p>October 12</p> <p>3 oz Warm Roast Beef Sandwich with AuJus 1 cup Homemade Vegetable Soup with Crackers Sandwich Roll 1/2 cup Pineapple Tidbits</p>
<p>October 15</p> <p>Baked Meatloaf with Gravy Baked Potato with Margarine 1/2 cup Mixed Bean Medley White Bread Cherry Chip Cake with Topping</p> 	<p>October 16</p> <p>Baked Salmon with White Wine Cream Sauce 1/2 cup White Rice 1/2 cup Peas Wheat Bread 1/2 cup Pineapple Tidbits</p>	<p>October 17</p> <p>3 oz Hot Turkey Sandwich with 1 oz Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Crinkle Cut Carrots White Bread 1/2 cup Applesauce</p> 	<p>October 18</p> <p>Smokey BBQ Burger Topped with 1/2 oz Cheddar, BBQ Sauce, and Crispy Onions 1/2 cup Sweet Potato Bites Brioche Bun Fresh Seasonal Fruit</p>	<p>October 19</p> <p>1 cup Chicken and Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches</p> 
<p>October 22</p> <p>Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Fruit</p>	<p>October 23</p> <p>CENTER CLOSED STAFF TRAINING</p>	<p>October 24</p> <p>3 oz Pot Roast with 1 oz Gravy 1/2 cup Seasoned Potatoes 1/2 cup Sliced Carrots Italian Bread Cookie</p>	<p>October 25</p> <p>Crab Cake Slider 1/2 cup Cheesy Twists 1/2 cup Baked Beans Whole Grain Slider Roll 1/2 cup Mandarin Oranges</p> 	<p>October 26</p> <p>Beef Burrito Bowl (3 oz Meat and Cheddar Cheese) 1/2 cup Seasoned Corn and Black Beans 1/2 cup Cilantro Rice Taco Sauce and Sour Cream 1/2 cup Baked Pineapple</p>
<p>October 29</p> <p>Vegetable Lasagna with Vegetable Cream Sauce 1 cup Tossed Salad with Hardboiled Egg, Cucumber, and Dressing Breadstick Cottage Cheese and Diced Peaches</p> 	<p>October 30</p> <p>Kielbasa 3oz 1/2 cup Cheesy Pierogi Casserole 1/2 cup Sweet Peas Hot Dog Roll Fresh Seasonal Fruit</p>	<p>October 31</p> <p>1 cup Ghostly Chili 1/2 cup Ant and Finger Salad Moldy Biscuit 1/2 cup Hocus Pocus Juice Spooky Pumpkin Potion</p> <p></p>	<p> </p>	

*** All meals are subject to change ***
 *** Served daily: 8 ounces Milk and 1 teaspoon Margarine