

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1 Country Fried Chicken (1 each) with 2 ounces Creamy Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Mixed Vegetables Wheat Bread Fresh Fruit Cake 	October 2 Sloppy Joe (1/2 cup) 1/2 cup Ranch Seasoned Potatoes 1/2 cup Green Beans Whole Grain Sandwich Roll 1/2 cup Mandarin Oranges	October 3 Pumpkin Alfredo Chicken (1/2 cup) over 3/4 cup Bow Tie Noodles 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Pineapple Tidbits 	October 4 Roasted Pork with Apples (1 each) 1/2 cup Whipped Potatoes 1/2 cup Carrots Mini Biscuit with Apple Butter Cookie
October 7 Creamy Chicken Divan (6 ounces) over 1/2 cup White Rice 1/2 cup Mixed Vegetables Breadstick 1/2 cup Peaches 	October 8 Cottage Pie (4 ounces) Stewed Beef and Vegetables in Gravy Topped with 2 ounces Buttery Mashed Potatoes 1/2 cup Coleslaw Whole Grain Biscuit 1/2 cup Warm Cinnamon Applesauce	October 9 Bratwurst (1 each) 1/2 cup Scalloped Potatoes 1/2 cup Peas Hot Dog Roll 1/2 cup Pears Mustard Packet 	October 10 Greek Chicken Salad Diced Chicken (3 ounces), Black Olives, Red Onion, Tomato, Mozzarella Cheese 1 cup Mixed Greens with Dressing 1 cup Wedding Soup with Crackers Dinner Roll 1/2 cup Mandarin Oranges	October 11 Warm Roast Beef (3 ounces) Sandwich with AuJus 1/2 cup Ranch Potatoes 1/2 cup Mixed Vegetables Sandwich Roll 1/2 cup Tropical Fruit
October 14 SENIOR CENTERS CLOSED	October 15 Chicken Caesar Club (1 each) with Lettuce, Tomato, and Cheese 1 cup Creamy Broccoli Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears Condiments 	October 16 Salisbury Steak (1 each) with 2 ounces Onion Gravy 1/2 cup Cabbage and Noodles 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight	October 17 BBQ Pulled Pork (1/2 cup) 1/2 cup Seasoned Potatoes 1/2 cup Lima Beans Sandwich Roll 1/2 cup Sliced Apples 	October 18 Seafood Macaroni and Cheese (1 cup) 1/2 cup Stewed Tomatoes Whole Grain Dinner Roll Fresh Fruit
October 21 Smokey BBQ Burger (1 each) Topped with BBQ Sauce, Crispy Onions, and Cheddar Cheese 1 cup Creamy Cauliflower Soup with Crackers Sandwich Roll Fresh Seasonal Fruit 	October 22 Sweet and Sour Roasted Pork Loin (1 each) 1/2 cup Blended Rice Pilaf 1/2 cup Green Beans Whole Grain Dinner Roll 1/2 cup Mixed Fruit	October 23 Open-Faced Hot Turkey (3 ounce slice) Sandwich with Gravy 1/2 cup Mixed Vegetables White Bread 1/2 cup Applesauce 	October 24 Baked Meatloaf Marinara (1 each) with Mozzarella Cheese Topping 1/2 cup Garlic Whipped Potatoes 1/2 cup Parmesan Corn Wheat Bread 1/2 cup Banana Pudding	October 25 Chicken and Biscuit (1 cup) 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches
October 28 Lemon Pepper Chicken with Gravy (1 each) 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread Fresh Fruit	October 29 CENTER CLOSED FOR STAFF TRAINING 	October 30 Chicken (3 ounces) Taco with Lettuce, Taco Sauce, Sour Cream 1/2 cup Seasoned Corn and Black Beans 1/2 cup Seasoned Rice Soft Tortilla Shell Fresh Fruit	October 31 Ghostly Chili (1 cup) 1/2 cup Fingers and Ant Salad 4 ounces Hocus Pocus Juice Moldy Biscuit 1/2 cup Pumpkin Potion 	

*** All meals are subject to change ***

*** Served daily: 8 ounces Milk and 1 teaspoon Margarine