




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Alternate Meal Schedule (Senior Center lunches only)				Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count		Suggested donation \$3/meal Menu subject to change		1 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)			
Soup with Turkey Sandwich: Oct 1- Cream of Potato Soup Oct 11-12- Chicken Noodle Soup Oct 13-15- Cream of Broccoli Soup Oct 25-26- Chicken Noodle Soup Oct 27-29- Cream of Potato Soup		Salads: Oct 4-8 Oct 18-22		6 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Cottage Cheese and Fruit (12)		7 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Mixed Veggies (02) Fresh Baked Roll (16) Mandarin Oranges (11)		8 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)			
4 Swedish Meatballs (39) Steamed Rice (21) Seasoned Carrots (06) Navel Orange (22) Fresh Baked Roll (16)		5 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Jackie's Cake (28) Hot Potato Salad (22)		11 NO MEAL  Columbus Day		12 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (15)		13 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)		14 Shepherd's Pie (79) Seasoned Corn (11) Fresh Apple Crisp (67) Fresh Baked Roll (16)	
18 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Assorted Tropical Fruit (08)		19 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (2) Jackie's Cake (28)		20 Homemade Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)		21 Hearty Beef and Vegetable Stew (14) Brown Rice (30) Fresh Corn Bread (33) Fresh Apple (15)		15 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)			
25 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)		26 Ms. Helen's Cheesy Beef Lasagna (19) Seasoned Green Beans (02) Fresh Garlic Roll (15) Apple Sauce (14)		27 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)		28 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Oranges (22)		22 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Seasoned Peas (10) Fresh Baked Roll (15) Jell-O Cup with Fruit (09)			
								29 My Mummy's Chili (03) Seasoned California Blend Veggies (18) Halloween Cookie Bar (15) Cornbread (28) Granny Smith Apple (28)			