




Monday	Tuesday	Wednesday	Thursday	Friday		
3 Swedish Meatballs (39) Rice (21) Carrots (06) Orange (22) Fresh Baked Roll (16)	4 Broiled Bratwurst with Fresh Baked Hoagies (17) Apple (28) Baked Beans (4) Hot Potato Salad (22) Fresh Baked Brownie (23)	5 Cheesy Beef Lasagna (19) Green Beans (2) Fresh Garlic Roll (15) Apple Sauce (14)	6 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	7 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Mixed Veggies (02) Fresh Baked Roll (16) Mandarin Oranges (11)		
10 NO MEAL  Columbus Day	11 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)	12 Shepherd's Pie (79) Seasoned Corn (14) Fresh Baked Roll (16) Cinnamon Apple Crisp (67)	13 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	14 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)		
17 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)	18 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (2) Apple (28) Brownie (28)	19 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	20 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Seasoned Peas (10) Fresh Baked Roll (15) Jell-O Cup with Fruit (9)	21 Honey Baked Ham (0) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Pineapple (08)		
24 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Apple Sauce (12)	25 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	26 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Orange (22)	27 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	28 BBQ Pulled Pork Sandwich (20) Seasoned Corn (14) Steamed White Rice (21) Pineapple (22)		
31 My Mummy's Chili (3) Seasoned Corn and Carrots (18) Corn Bread (28) Cottage Cheese & Fruit (28) Halloween Cookie Bar (15)	Low fat milk (12) is provided with each meal Number in parentheses represent carbohydrate count	Suggested donation \$3/meal Menu subject to change	Alternate Meal Schedule (Senior Center Lunches Only) <table border="1"> <tr> <td> Soups with Turkey Sandwich: Oct 10-11- Cream of Potato Oct 12-14- Vegetable Beef Oct 24-25- Chicken Noodle Oct 26-28- Cream of Broccoli </td> <td> Salad: Oct 3-7 Oct 17-21 Oct 31 </td> </tr> </table>		Soups with Turkey Sandwich: Oct 10-11- Cream of Potato Oct 12-14- Vegetable Beef Oct 24-25- Chicken Noodle Oct 26-28- Cream of Broccoli	Salad: Oct 3-7 Oct 17-21 Oct 31
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