

OCTOBER 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
	BBQ Chicken Thigh Collards Mac and Cheese Soft Roll Margarine Fresh Orange 2% Milk	Hamburger Steak Brown Gravy Okra and tomatoes White rice Baked Apples Soft Roll Margarine 2% Milk	Southern Style Pork BBQ Cole Slaw Potatoes Au Gratin Fresh Banana Bun 2% Milk	Roasted Chicken Leg (2) Herb Gravy Mashed Potatoes Broccoli Starwberry Applesauce Soft Roll Margarine 2% Milk
7	8	9	10	11
Chicken Cordon Bleu Rice Pilaf Glazed Baby Carrots Mandarin Oranges Wheat Roll Margarine 2% Milk	Kielbasa Steamed Cabbage White Rice Peaches Soft Roll Mustard pack 2% Milk	Lasagna w/Meat Tossed Veg Salad Dressing Pineapple Tidbits Breadstick 2% Milk	Country Style Steak Green Beans Roasted Potatoes Pears Soft Roll Margarine 2% Milk	Baked Chicken Breast Mushroom Gravy Wild Rice Dill Carrots Fruit Cocktail Soft Roll w/ Margarine 2% Milk
14	15	16	17	18
Grilled Chicken Sandwich Lettuce /Tomato Potato Salad Cole Slaw Apple Cobbler Sandwich Condiments 2% Milk	Sliced Ham w/ Pineapple Sauce Green Beans Oven Roasted Potatoes Banana Pudding Soft Roll Margarine 2% Milk	Hot Dog w/ bun Baked Beans Coleslaw Blueberry Cobbler Mustard/Relish/Onions 2% Milk	Meatloaf Mashed Potatoes Peas and Carrots Fresh Apple Slices Soft Roll Margarine 2% Milk	Turkey Tetrizzini Spinach Tropical Fruit Egg Noodles Coconut Pineapple Cobbler Soft Roll w/ Margarine 2% Milk
21	22	23	24	25
Stuffed Pepper Casserole Green Beans Diced Peaches Soft Roll Soft Roll Margarine 2% Milk	Chicken Salad on Wheat Potato Salad Cucumber Salad Chocolate Chip Cookie Fresh Orange 2% Milk	Baked Ziti Tossed Veg Salad Pineapple Tidbits Peach Cobbler Breadstick Dressing 2% Milk	Baked Pork Chop Mashed Sweet Potatoes Collard Greens Sliced Apples Soft Roll Margarine 2% Milk	Fish Sandwich Coleslaw Hushpuppies/Margarine Oven Roasted Potatoes Fruit Cocktail Oatmeal Cookie 2% Milk Tarter Sauce
28	29	30	31	
Chicken Fajitas Black Bean/ Corn Peppers and Onions 100% Fruit Juice 6" flour tortillas Salsa/ Sour Cream/Cheese Sugar Cookie	Italian Meatballs Marinara Sauce Penne Pasta California Blend Vegetable Garlic Bread 2% Milk	Beef and Broccoli Egg Fried Rice Stir Fry Vegetable Mandrain Oranges Soft Roll Soy Sauce 2% Milk	Pork Cutlet w/ Gravy Great Northern Beans Mashed Potatoes Applesauce Soft Roll Margarine 2% Milk	Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Bread/Roll - 1 each Juice - 6 oz Bread/Roll - 1 each

WHAT'S FOR Lunch

Join us Monday-Friday for lunch!
No cost for participants 60+.
\$5 guest lunches available
for our visitors under 60.

Monetary contributions are always appreciated if you are able to give!

Must register with our Nutrition Coordinator prior to first meal.
See reception desk for more information.