



OCTOBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mixed Vegetable Soup	BBQ Chicken Breast	Split Pea Soup	Salisbury Steak/Brown Gravy	Lean 'n' Light Lasagna
Grilled Cheese Sandwich	Augratin Potatoes	Ham Salad with Vegetables	Mashed Potatoes	Raw Vegetable Salad
Sliced Beets	Green Beans	Vanilla Pudding with	Mexican Style Corn	Garlic Toast
Cherry Crisp	Apricots	Blueberry Sauce	Cooked Apple Slices	Plums
9	10	11	12	13
	Macaroni/Cheese & Chicken Casserole	Fiesta Hamburgers	Broiled Fish	Oven Crisp Chicken
CENTER	Spinach	with Tomato & Lettuce	Baked Potatoes	Mashed Potatoes
CLOSED	Marinated Beets & Onions	Oven Brownd Potatoes	Green Beans	Zucchini & Tomatoes
	Mandarin Oranges	Banana	Pineapple	Grapes
16	17	18	19	Hispanic Heritage Celebration 20
Beef & Vegetable Stew	Pork Cubes & Pinto Beans	Seasoned Lima Beans	Chicken & Corn Casserole	Bean Soup with Ham
Spinach	Vegetable Medley	Cornbread	Mashed Potatoes	Egg Salad Sandwich
Chocolate Pudding	Whole Wheat Roll	Cucumbers and Onions	Peas	Fruit Cocktail
Whole Wheat Bread	Peaches	Peach Crisp	Mandarin Oranges	
23	24	25	26	27
Breakfast Bake	Baked Chicken Breast	Chef's	Pinto Beans/Onions	Baked Steak with Peppers & Onions
Potato Wedges	Baked Potatoes	Choice	Turnip Greens	Mashed Potatoes
Whole Wheat Biscuits	California Blend Veggies		Cornbread	Seasoned Green Beans
Hot Spiced Apples	Orange/Pineapple Gelatin		Applesauce	Boo Berry Gelatin Eye of Newt Cookie
30	31			
Tuna Salad				
Mixed Vegetable Soup				
Carrot-Raisin Salad				
Pears				

Suggested Senior Donation: \$2.50

59 & Under Required: \$5.25

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