



Senior Center/Congregate Nutrition Site Menu - October 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Cheeseburger Glazed Carrots Baked Beans Pineapple Cup Bun Milk	5 BBQ Chicken Broccoli & Cheese Fiesta Rice Sliced Apples Bread Cookie Milk	6 Salisbury Steak & Gravy Greens Mashed Potatoes Peaches Roll Milk	7 Ham Okra & Tomatoes Yams Applesauce Roll Milk	8 Lasagna with Meat Sauce California or Normandy Mix Pears Garlic Bread Milk
11 Swedish Meatballs Peas Rice Cinnamon Apples Roll Milk	12 BBQ Pork Cabbage Baked Beans Orange Juice Bun Cookie Milk	13 Roasted Chicken Succotash Roasted Red Potatoes Pears Cornbread Milk	14 Spaghetti with Meat Sauce Green Beans Applesauce Bread Milk	15 Chopped Steak with Demi Au Jus Mixed Vegetables Mashed Potatoes Peaches Roll Milk
18 Country Steak Sandwich Okra & Tomatoes Corn Cranberry Juice Bun Milk	19 Chicken & Wild Rice Dill Carrots Pears Roll Cookie Milk	20 Baked Ziti Green Beans Noodles Sliced Peaches Garlic Bread Milk	21 Roasted Pork Peas & Carrots Roasted Red Potatoes Stewed Apples Bread Milk	22 Chicken Marsala Roasted Vegetables Noodles Cinnamon Applesauce Roll Milk
25 Fish Patty Mixed Vegetables Macaroni & Cheese Orange Cup Bun Milk	26 Oven Roasted Chicken Breast Field Peas with Snaps Roasted Potatoes Pears Roll Cookie Milk	27 Italian Sausage with Peppers & Onions Cabbage Spaghetti Noodles Applesauce Bread Milk	28 Pot Roast Broccoli Rice Peaches Cornbread Milk	29 Roasted Turkey Egg Noodles Green Peas Sliced Apples Roll Milk