



October 2017
Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2	October 3	October 4	October 5	October 6
3 ounces Roasted Pork Loin with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Sliced Carrots White Bread Spice Cake with Icing	<u>October Birthdays</u> 3/4 cup Baked Ziti with Meatballs (3) with Marinara Sauce with 1 ounce Cheese Topping 1 cup Caesar Salad Italian Bread Birthday Cake	Breaded Chicken Cutlet 1/2 cup Au Gratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges	Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit	3 ounces Baked Salmon with 1 ounce Teriyaki Glaze 1/2 cup Brown Rice 1/2 cup Broccoli White Bread 1/2 cup Pineapple Tidbits
October 9	October 10	October 11	October 12	October 13
	BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches	Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Cauliflower White Bread 1/2 cup Mixed Fruit Salad	Chicken Philly Pita with Onions, Peppers, and Cheese 1 cup Creamy Potato Soup with Crackers Pita Bread 1/2 cup Blushed Pears	Breaded Lemon Pepper Pollock 1/2 cup Wild Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Applesauce
October 16	October 17	October 18	October 19	October 20
4 ounces Pocuquine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples	<u>Picnic Lunch - Sign up by Friday, 10/6</u> Ham & Swiss on Rye with Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Iced Tea	Beef Brasciole with Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots White Bread 1/4 cup Cottage Cheese with 1/2 cup Sliced Peaches	Tomato and White Wine Braised Chicken Thigh 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit	Breaded Fish Sandwich with Cheese 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Hamburger Roll 1/2 cup Sliced Pears
October 23	October 24	October 25	October 26	October 27
1/2 cup Burgundy Beef with Mushrooms Over 1/2 cup Egg Noodles 1/2 cup Broccoli and Carrots Wheat Bread 1/2 cup Mixed Fruit Salad	1 cup Chicken and White Bean Chili 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato Biscuit Mandarin Oranges	Pizza Burger 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Coleslaw Hamburger Roll 1/2 cup Sherbet	3 ounces Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Braised Red Cabbage White Bread 1/2 cup Apple Cranberry Crisp	Baked Crab Cake 1/2 cup Cheesy Shells 1/2 cup Sweet Peas White Bread 1/2 cup Tropical Fruit
October 30	October 31			
3 ounces Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato 1/2 cup Sliced Carrots Italian Bread Sugar Cookie	1 cup Ghostly Chili 1/2 cup Ant and Finger Salad 4 ounces Hocu Pocus Juice Moldy Biscuit Spooky Pumpkin Potion HALLOWEEN			

*** All meals are subject to change *** *** Served Daily: 8 ounces Milk and 1 teaspoon Margarine***
Stop in or call the center at 938-4649 to reserve your meal at least one business day in advance by 10:30 AM.