



October 2018 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1	October Birthdays October 2	October 3	October 4	October 5
3/4 cup Baked Ziti with Meatballs (3), Marinara Sauce, and 1/2 oz Cheese Topping 1 cup Caesar Salad Garlic Breadstick 1/2 cup Mixed Fruit Salad	Pork Ribette 1/2 cup Seasoned Potatoes 1/2 cup Baked Beans Dinner Roll Birthdays Cake	Swiss Steak with 2 oz Onion Gravy 1/2 cup Cabbage and Noodles 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight	Grilled Chicken Bacon and Swiss Club with Lettuce and Tomato (1 Chicken Filet, 1 Bacon Round, 1 slice Swiss) 1 cup Creamy Potato Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears Condiments	Potato Crusted Fish 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Wheat Bread Fresh Fruit
October 8	October 9	October 10	October 11	October 12
 Senior Centers Closed	1/2 cup Sloppy Joe 1/2 cup Ranch Seasoned Potatoes 1/2 cup Green Beans Whole Grain Sandwich Roll Cookie	Hawaiian Pork Chop 1/2 cup Blended Rice Pilaf 1/2 cup Mixed Vegetables White Bread 1/2 cup Sliced Apples	Chicken Picatta 1/2 cup Bowties 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Sliced Peaches	3 oz Warm Roast Beef Sandwich with AuJus 1 cup Homemade Vegetable Soup with Crackers Sandwich Roll 1/2 cup Pineapple Tidbits
October 15	October 16	October 17	October 18	October 19
Baked Meatloaf with Gravy Baked Potato with Margarine 1/2 cup Mixed Bean Medley White Bread Cherry Chip Cake with Topping	Baked Salmon with White Wine Cream Sauce 1/2 cup White Rice 1/2 cup Peas Wheat Bread 1/2 cup Pineapple Tidbits	3 oz Hot Turkey Sandwich with 1 oz Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Crinkle Cut Carrots White Bread 1/2 cup Applesauce	Smokey BBQ Burger Topped with 1/2 oz Cheddar, BBQ Sauce, and Crispy Onions 1/2 cup Sweet Potato Bites Brioche Bun Fresh Seasonal Fruit	1 cup Chicken and Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches
October 22	October 23	October 24	October 25	October 26
Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Fruit	Picnic Lunch - Sign up by 10/15 Chicken Salad Sandwich with Lettuce and Tomato Macaroni Salad Pickled Beets Fresh Fruit Cookie	3 oz Pot Roast with 1 oz Gravy 1/2 cup Seasoned Potatoes 1/2 cup Sliced Carrots Italian Bread Cookie	Crab Cake Slider 1/2 cup Cheesy Twists 1/2 cup Baked Beans Whole Grain Slider Roll 1/2 cup Mandarin Oranges	Beef Burrito Bowl (3 oz Meat and Cheddar Cheese) 1/2 cup Seasoned Corn and Black Beans 1/2 cup Cilantro Rice Taco Sauce and Sour Cream 1/2 cup Baked Pineapple
October 29	October 30	October 31		
Vegetable Lasagna with Vegetable Cream Sauce 1 cup Tossed Salad with Hardboiled Egg, Cucumber, and Dressing Breadstick Cottage Cheese and Diced Peaches	Kielbasa 3oz 1/2 cup Cheesy Pierogi Casserole 1/2 cup Sweet Peas Hot Dog Roll Fresh Seasonal Fruit	1 cup Ghostly Chili 1/2 cup Ant and Finger Salad Moldy Biscuit 1/2 cup Hocus Pocus Juice Spooky Pumpkin Potion 		

*** All meals are subject to change *** **Please make your reservation at least one business day in advance by calling 717-938-4649**
*** Served daily: 8 ounces Milk and 1 teaspoon Margarine