




**October 2020
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1	2
<p align="right">5</p> Smokey BBQ Burger Topped w/ cheddar, BBQ sauce, crispy onions 1/2c. Broccoli Salad Sandwich Roll Fresh Fruit	<p align="right">6</p> Sweet & Sour Roasted Pork Loin 1/2c Blended Rice Pilaf 1/2c. Green Beans WG Dinner Roll 1/2c. Mixed Fruit 1/2c. Warm Peaches	<p align="right">7</p> Chicken & Biscuit 1/2c. Pepper Slaw WG Buttermilk Biscuit	8	9	
		<p align="right">13</p> Chicken Taco w/ cilantro lime crème sauce & lettuce 1/2c. Corn & Blackbeans 1/2c. Seasoned Rice Soft Tortilla Shell Fresh Fruit	<p align="right">14</p> Baked Porcupine Ball w/ 2oz tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Wheat Bread 1/2c. Pudding	15	16
<p align="right">19</p> Mushroom Cheeseburger 1/2 c. Ranch Potatoes Hamburger Roll Fresh Fruit	<p align="right">20</p> Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread 1/2c. Warm Apple Cranberry	<p align="right">21</p> Swedish Meatballs (4) over 1/2c. Egg Noodles 1/2c. Peas Wheat Bread 1/2c. Mixed Fruit Salad	22	23	
<p align="right">26</p> Lasagna w/ Meatsauce topped w/ Mozzarella 1c. Tossed Salad w/ cucumber Breadstick 1/2c. Diced Peaches	<p align="right">27</p> Kielbasa w/ Kraut Topping 1/2c. Cheesy Potatoes 1/2c. Green Beans Hot Dog Roll Fresh Fruit	<p align="right">28</p> Happy Halloween!!! 1c. Ghostly Chili 1/2c. Fingers & Ant Salad 4oz Hocus Pocus Juice Moldy Biscuit 1/2c. Pumpkin Potion	29	30	

Please call the center at 717-938-4649 to reserve your meal by 10:30 AM at least one business day in advance.

Thursday and Friday meals are frozen and must be picked up on Wednesdays.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***