

Lunches are served at 12:00 p.m., Noon, Monday through Friday.

No reservations necessary.

No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. There is a \$2 suggested donation for those 60 and over and a \$5 fee for those under 60.

Nutrition and ingredient information is available upon request.

MONDAY, October 1

Macaroni & Cheese & Ham OR Chicken & Dumplings, stewed tomatoes, emerald pears, cauliflower & pea salad, lemon bar.

TUESDAY, October 2

Chipped Turkey OR Bologna Salad, baked beans, peaches, broccoli salad, cookie.

WEDNESDAY, October 3

Pepper Steak OR Teriyaki Chicken, rice, oriental vegetables, tossed salad, mandarin oranges in orange Jell-O.

THURSDAY, October 4

Pork Chop OR Chicken & Noodles, squash, apple, berry blend w/ yogurt & granola.

FRIDAY, October 5

Roast Beef OR Pecan Crusted Tilapia, Brussels sprouts, grapefruit sections, cherry crisp.

MONDAY, October 8

Chipped Beef OR Creamed Chicken, mashed potatoes, sugar snap peas, mandarin orange salad, pineapple pie.

TUESDAY, October 9

Calico Beans OR Turkey, Scandinavian blend vegetables, marinated carrot salad, cinnamon applesauce, gingerbread.

WEDNESDAY, October 10

Baked Chicken OR Bratwurst, mashed potatoes, sauerkraut, tropical fruit, brownie.

THURSDAY, October 11

Goulash OR Almandine Pollock, corn, cabbage/ apple/raisin salad, peaches.

FRIDAY, October 12

Meatloaf OR Chicken Wings, mixed vegetables, grapes & pears, spinach/orange salad, graham crackers.

MONDAY, October 15

Cabbage Roll OR Country Fried Steak, mashed potatoes, citrus slaw, pears.

TUESDAY, October 16

Hamloaf OR Chicken Lasagna, broccoli, banana, peachy fine dessert.

WEDNESDAY, October 17

BirthDay Celebration! Beef Lasagna, green beans, fruit salad, marinated vegetable salad, cake & ice cream.

THURSDAY, October 18

Vegetable Soup OR Broccoli Soup, chicken salad sandwich, celery sticks w/peanut butter, orange sections.

FRIDAY, October 19

Stuffed Green Pepper OR Reuben Casserole, Riviera blend, pineapple & cottage cheese, pickled beets.

MONDAY, October 22

BBQ Chicken OR Liver & Onions, mashed potatoes, carrot & celery sticks, black eyed Susan salad.

TUESDAY, October 23

Cabbage & Ham Hash OR Chicken Nuggets, Sicilian blend vegetables, grape juice, Texas caviar bean salad, rice krispy treat.

WEDNESDAY, October 24

Chicken Paprikash OR Baked Ham, noodles, peas & onions, tropical fruit, tomato zucchini salad, chocolate pudding.

THURSDAY, October 25

All Sites Closed due to Staff Retreat!

FRIDAY, October 26

Beef & Potato Casserole OR Pecan Crusted Tilapia, green beans w/almonds, pea salad, SideKicks fruit slushie.

MONDAY, October 29

Hamburger Pie OR Cheese Manicotti, winter blend vegetables, oranges, potato salad, cookies.

TUESDAY, October 30

Baked Chicken OR Pork Ribette, baked sweet potatoes, carrot/pineapple/raisin salad, fruited Jell-O.

WEDNESDAY, October 31

Hamloaf OR Chicken Chimichanga, corn casserole, mixed fruit, fruit juice, black forest cake.