

OCTOBER 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Hot Open Turkey Sandwich on Wheat Italian Green Beans Roasted Butternut Squash Baked Apple Slices 1% Milk	Veal Parmesan Ziti with Sauce Broccoli Garlic Bread Margarine Fresh Fruit 1% Milk	Cream of Zucchini Soup Unsalted Crackers Apricot Glazed Chicken Brown Rice Pilaf Peas and Mushrooms Multigrain Bread Margarine Tropical Fruit 1% Milk	<i>Columbus Day Special!</i> Chicken Parm ala Santa maria New World Shells Columbus Vegetable Blends Parmesan Cheese Italian Bread Italian Ice 1% Milk 	Broccoli Quiche Stewed Tomato Roasted Red Potato Wheat Breadstick Margarine Fresh Fruit 1% Milk
9	10	11	12	13
Meatballs in Sauce Ziti Broccoli Garlic Bread Margarine Fresh Fruit 1% Milk	Corn Chowder Unsalted Crackers Chef Salad (Romaine Salad, Turkey, Ham, Cheese, Hard Cooked Egg) French Dressing Wheat Dinner Roll Margarine Peaches 1% Milk	<i>Octoberfest Special!</i> Bratwurst Red Cabbage and Apples Broiled Potatoes Dinner Roll Black Forest Cake 1% Milk 	Salisbury Steak/Gravy Mashed Potato Peas and Carrots Wheat Bread Margarine Apple Juice Brownie 1% Milk	Crab Cakes / Tartar Sauce Brown Rice and Orzo Pilaf Zucchini and Tomato Rye Bread Margarine Fruit Cocktail 1% Milk
16	17	18	19	20
Sweet and Sour Pork Fried Rice Oriental Blend Vegetables Wheat Bread Margarine Pineapple 1% Milk	Chicken Parmesan Penne with Sauce Tossed Salad with Cucumber and Italian Dressing Italian Bread Margarine Grape Juice Sugar Cookie 1% Milk	Vegetable Barley Soup Unsalted Crackers Light Crunch Fish Tartar Sauce/Lemon Roasted Sweet Potato Green Beans Dinner Roll Margarine Mandarin Oranges 1% Milk	Pot Roast/LS Gravy Baked Potato/Sour Cream Chuck Wagon Blend Multigrain Bread Margarine Fresh Fruit 1% Milk	Spinach Granioli Cauliflower Carrots Herb Breadstick Margarine Orange Juice Chocolate Pudding 1% Milk
23	24	25	26	27
Herb Baked Chicken Qtr. Mashed Sweet Potato Succotash Biscuit Margarine Fresh Fruit 1% Milk	Stuffed Pepper Casserole White Rice Mixed Vegetables Pumpnickel Bread Margarine Grape Juice Vanilla Pudding with Berries 1% Milk	Linguini Clam Sauce Tossed Salad with Tomato and Ranch Dressing Italian Bread Margarine Pinaeapple Juice Pie 1% Milk	Turkey/LS Gravy Stuffing Baked Acorn Squash Wheat Bread Margarine Fruit Cocktail 1% Milk	Tomato Basil Soup Unsalted Crackers Grilled Cheese on Wheat Green Beans Fresh Fruit 1% Milk
30	31			
Steak and Peppers Steak Fries Roasted Veggies Hoagie Roll Margarine Mixed Fruit Juice Coffee Cake 1% Milk	<i>Halloween Special!</i> Spooky Spaghetti Monster Meatballs Goulish Green Beans Witches Brew Batty Breadsticks Candy Corn Brownies 			

Whole Grain Bread, Butter and Skim or 1% Milk Served Daily

Reservations are required at least 24 hours in advance.

Entrees are 3 oz. portions, Vegetables & Salads are 4 oz. portions, Desserts are
4 oz. portions, Bread is 1 slice each, Milk 8 oz.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness,
especially if you have certain medical conditions.

NOVEMBER 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pork Loin/Gravy Mashed Potato Broccoli and Cauliflower Wheat Dinner Roll Margarine Applesauce 1% Milk	2 Butternut Squash and Apple Soup Unsalted Crackers Mediterranean Grilled Chicken with Spinach and Tomato Bowtie Noodles Rye Bread Margarine Birthday Cake 1% Milk	3 Eggplant Rollatini Fresh Zucchini Tossed Salad with Olives and Raspberry Vinaigrette Italian Bread Margarine Cranberry Juice Fruited Jello 1% Milk
6 Hot Open Turkey Sandwich on Wheat Italian Green Beans Roasted Butternut Squash Baked Apple Slices 1% Milk	7 Veal Parmesan Ziti with Sauce Broccoli Garlic Bread Margarine Fresh Fruit 1% Milk	8 Cream of Zucchini Soup Unsalted Crackers Apricot Glazed Chicken Brown Rice Pilaf Peas and Mushrooms Multigrain Bread Margarine Tropical Fruit 1% Milk	9 <i>Veteran's Day Special!</i> All American Hamburger on Roll Tomato/Pickle/Ketchup Coleslaw Baked Beans Apple Pie 1% Milk 	10 Broccoli Quiche Stewed Tomato Roasted Red Potato Wheat Breadstick Margarine Fresh Fruit 1% Milk
13 Meatballs in Sauce Ziti Broccoli Garlic Bread Margarine Fresh Fruit 1% Milk	14 Corn Chowder Unsalted Crackers Chef Salad (Romaine Salad, Turkey, Ham, Cheese, Hard Cooked Egg) French Dressing Wheat Dinner Roll Margarine Peaches 1% Milk	15 BBQ Chicken Qtr. Macaroni Salad Coleslaw Vinaigrette Corn Bread Margarine Pear Crisp 1% Milk	16 <i>Thanksgiving Special!</i> Roast Turkey with Giblet Gravy Savory Stuffing Cranberry Sauce Sweet Potatoes Corn Bread Seasoned Peas, Carrots and Corn Pumpkin Pie 1% Milk 	17 Crab Cakes/Tartar Sauce Brown Rice and Orzo Pilaf Zucchini and Tomato Rye Bread Margarine Fruit Cocktail 1% Milk
20 Sweet and Sour Pork Fried Rice Oriental Blend Vegetables Wheat Bread Margarine Pineapple 1% Milk	21 Chicken Parmesan Penne with Sauce Tossed Salad with Cucumber and Italian Dressing Italian Bread Margarine Grape Juice Sugar Cookie 1% Milk	22 Vegetable Barley Soup Unsalted Crackers Light Crunch Fish Tartar Sauce/Lemon Roasted Sweet Potato Green Beans Dinner Roll Margarine Mandarin Oranges 1% Milk	23 <i>Happy Thanksgiving!</i>  Senior Center Closed	
27 Herb Baked Chicken Qtr. Mashed Sweet Potato Succotash Biscuit Margarine Fresh Fruit 1% Milk	28 Stuffed Pepper Casserole White Rice Mixed Vegetables Pumpnickel Bread Margarine Grape Juice Vanilla Pudding with Berries 1% Milk	29 Linguini Clam Sauce Tossed Salad with Tomato and Ranch Dressing Italian Bread Margarine Pineapple Juice Pie 1% Milk	30 Turkey/LS Gravy Stuffing Baked Acorn Squash Wheat Bread Margarine Fruit Cocktail 1% Milk	

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