

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Hot Dog on a Roll Midwest Baked Beans Apple Crisp	4 Cream of Tomato Soup Grilled Chicken Breast on a Sandwich Roll Lettuce & Tomato Fresh Potato Salad Apricots	5 Meatloaf w/Gravy Mashed Potatoes Stewed Tomatoes Diced Pineapple Whole Wheat Roll	6 Hearty Beef Stew w/Mixed Vegetables & Potatoes Wheat Bread Mandarin Oranges	7 Roast Pork Loin w/Gravy Braised Cabbage Mixed Vegetables Whole Wheat Roll Fruit Cocktail
10 Bourbon BBQ Chicken Yellow Rice Pilaf Green Beans Diced Pears	11 Italian Sausage with Peppers & Onions On a Club Roll Navy Bean Salad Fruit Crisp	12 Open Faced Hot Turkey Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Diced Peaches	13 Bratwurst Braised Cabbage Mashed Potatoes Waldorf Style Salad Chocolate Cake	14 Sliced Pot Roast of Beef Vegetable Gravy Seasoned Red Skin Potato Wedges Dinner Roll Mandarin Oranges
17 Poppy Seed Chicken Casserole Wild Rice Blend Broccoli Cuts Fruit Cocktail	18 Baked Potato Spinach Tossed Salad w/Ranch Dressing Chili con Carne Shredded Cheddar Apricots	19 Split Pea Soup Tuna Sandwich Lettuce & Tomato Wheat Bread Pickled Beets Diced Peaches	20 Multi Bean & Beef Chili Shredded Cheddar Corn Muffin Cinnamon Apples	21 Jamaican Jerk Chicken Red Beans and Rice Seasoned Greens Tropical Fruit Whole Wheat Bread
24 Roasted Pork w/Mustard Sauce Peas & Carrots Mashed Sweet Potatoes w/Marshmallow Topping Whole Wheat Roll Diced Pears	25 Chicken/Beef Jambalaya With Rice Steamed Baby Carrots Peach Crisp	26 Meatball Sub w/Mozzarella Cheese on a Club Roll Fresh Broccoli Slaw Mandarin Oranges	27 Grilled Chicken Breast Supreme Seasoned Red Skinned Potato Wedges Stewed Tomatoes Whole Wheat Roll	28 Baked Ham Green Bean Casserole Sweet Potatoes Dinner Roll
31 Turkey Salad on a Sub Roll Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail	 <p><i>October</i> 2016</p> <p><b>Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</b></p>			

Menus subject to change~

~Milk and Juice are served with every meal~