



October 2021 MENU

<p>Margarine served with bread and rolls</p>	<p>Milk Served with Every Meal</p>			<p>1 Baked Smoked Sausage Cheesy Hash Browns Peas Fruit Cup Chocolate Chip Cookie</p> <p>Opt. B: Chicken Cheese Garden Salad</p>
<p>4 OKTOBERFEST / BIRTHDAY LUNCH Roast Pork w/Sauerkraut Mashed Potatoes Green Beans Tropical Fruit Salad German Chocolate Cake</p> <p>Opt. B: Southwest Chicken Salad</p>	<p>5 Creamed Chicken over Biscuit Peas & Carrots Citrus Salad Cottage Cheese</p> <p>Opt. B: Turkey Ham and Cheese Salad</p>	<p>6 Vegetable Lasagna Mixed Green Salad / Eggs Italian Dressing Applesauce Italian Bread</p> <p>Opt. B: Steak Salad</p>	<p>7 Baked Cod Loin Tartar Sauce Macaroni & Cheese Capri Vegetables Fresh Orange Rye Bread</p> <p>Opt. B: Cheese Egg Salad</p>	<p>8 Chopped Steak w/Gravy Mashed Potatoes Succotash Melon Fruit Salad Wheat Dinner Roll</p> <p>Opt. B: Ham Cheese Chef Salad</p>
<p>11 CLOSED</p> 	<p>12 Chicken Patty w/ Cheese on Wheat Bun Sliced Tomato w/ Lettuce Carrot Raisin Salad Fresh Apple</p> <p>Opt. B: Turkey Swiss Pretzel Sandwich</p>	<p>13 Beef Noodle Soup Egg Salad on Bun Pineapple Tidbits Church Slaw</p> <p>Opt. B: Taco Salad</p>	<p>14 Chile w/Cheese Mixed Green Salad w/ Egg Mandarin Oranges Corn Muffin</p> <p>Opt. B: Greek Chicken Salad</p>	<p>15 Italian Chicken Breast Parslied Red Potatoes Broccoli Florets Apricot Halves</p> <p>Opt. B: Seafood Chef Salad</p>
<p>18 Rigatoni w/Meat Sauce Normandy Vegetables Fresh Plum Mozzarella Cheese Stick</p> <p>Opt. B: Turkey Chef Salad</p>	<p>19 Baked Ham w/ Pineapple Sauce Yams & Apples Brussel Sprouts Diced Pears</p> <p>Opt. B: Steak Hoagie</p>	<p>20 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fresh Banana</p> <p>Opt. B: Italian Croissant Sandwich</p>	<p>21 Beef Pepper Steak Noodles Sliced Carrots Fruit Medley</p> <p>Opt. B: Southwest Chicken Wrap</p>	<p>22 Barbequed Chicken Potato Salad Baked Beans Citrus Salad</p> <p>Opt. B: Ham/Cheese Salad</p>
<p>25 Hot Dog on Bun Pickled Egg/Beets Melon Fruit Salad Sugar Cookie</p> <p>Opt. B: Ham/Swiss Croissant Sandwich</p>	<p>26 Salisbury Steak w/ Gravy Mashed Potatoes Winter Blend Vegetable Mandarin Oranges</p> <p>Opt. B: Chicken / Cheese Garden Salad</p>	<p>27 Bean w/Ham Soup Chicken Salad on Whole Grain White Bread Sliced Tomato w/Lettuce Fresh Orange</p> <p>Opt. B: Bacon/Turkey/ Ham Club Hoagie</p>	<p>28HALLOWEEN LUNCH "Ghostly" Ham Loaf w/ Pineapple Glaze "Mysterious" Au Gratin Potatoes "Wicked" Green Beans, Wax Beans & Baby Carrots Tropical Fruit Salad Halloween Cookie</p> <p>Opt. B: Shrimp/Cheese Salad</p>	<p>29 Stuffed Cabbage Mashed Potatoes Italian Vegetable Blend Diced Pears</p> <p>Opt. B: Tuna Egg Salad</p>

So you can enjoy a relaxed and comfortable dining experience, reservations are recommended. Lunch is served at each center at 11:30 AM. Please call the Center you plan on attending by 11:30 am the day before. Please indicate your preference for the hot meal or salad/café meal (Option B). Option B is only available at the Senior Centers. The menu is subject to change due to typographical errors or other unforeseen circumstances.