



# October 2018 Menu

<p><b>1</b> Baked Chicken w/Gravy Mashed Potatoes Broccoli Florets Tropical Fruit Salad Wheat Dinner Roll w/ Marg</p> <p><b>Opt B:</b> Tuna/Egg Salad</p>	<p><b>2</b> Ham Green Beans, &amp; Potatoes Mixed Green Salad w/Cheese Fresh Banana Rye Bread w/Marg</p> <p><b>Opt B:</b> Chicken/ Cheese Caesar Salad</p>	<p><b>3</b> Chicken Noodle Soup Tuna Salad on Wheat bun Tomato &amp; Cucumber Salad Molded Fruit Salad Crackers</p> <p><b>Opt B:</b> Bacon/Turkey/ Ham Club Wrap</p>	<p><b>4 <u>Birthday Lunch</u></b> Meatloaf Cheesy Hash Browns Baked Apples White Cake w/Icing</p> <p><b>Opt B:</b> Shrimp/Cheese Salad</p>	<p><b>5</b> Baked Smoked Sau- sage Brown Rice Pilaf Peas Fruit Cup</p> <p><b>Opt B:</b> Chicken/Cheese Garden Salad</p>
<p><b>8</b> <b>Closed - Columbus Day</b></p>  <p>shutterstock - 215480947</p>	<p><b>9</b> Chopped Steak w/ Gravy Mashed Potatoes Succotash Fresh Clementine Dinner Roll w/Margarine</p> <p><b>Opt B:</b> Ham /Cheese Chef Salad</p>	<p><b>10</b> Vegetable Lasagna Mixed Green Salad w/ Eggs Italian Dressing Applesauce Italian Bread w/ Margarine</p> <p><b>Opt B:</b> Steak Salad</p>	<p><b>11</b> Creamed Chicken over Biscuit Peas &amp; Carrots Citrus Salad Cottage Cheese</p> <p><b>Opt B:</b> Turkey/Ham/ Cheese Chef Salad</p>	<p><b>12</b> Baked Cod Loin Tartar Sauce Macaroni &amp; Cheese Capri Vegetables Fruit Cocktail Rye Bread w/Margarine</p> <p><b>Opt B:</b> Cheese/Egg Garden Salad</p>
<p><b>15</b> Chicken Patty w/ Cheese on Wheat Bun Church Slaw Copper Penny Salad Fresh Apple</p> <p><b>Opt B:</b> Turkey/Swiss Pretzel Sandwich</p>	<p><b>16</b> Beef Noodle Soup Egg Salad on Bun Pineapple Tidbits Corn/Tomato Salad</p> <p><b>Opt B:</b> Veggie/Cheese Hoagie</p>	<p><b>17</b> Roast Pork w/Gravy Mashed Potatoes Green Beans Quartered Fruit Salad Wheat Bread w/ Margarine</p> <p><b>Opt B:</b> Taco Salad</p>	<p><b>18</b> Chile W/Cheese Mixed Green Salad w/ Egg Mandarin Oranges Corn Muffin w/Margarine</p> <p><b>Opt B:</b> Greek Salad w/ chicken</p>	<p><b>19</b> Italian Chicken Breast Parslied Red Potatoes Broccoli Florets Apricot Halves Yogurt</p> <p><b>Opt B:</b> Seafood Chef Salad</p>
<p><b>22</b> Rigatoni w/Meat Sauce Normandy Vegetables Fresh Plum Mozzarella Cheese Stick Italian Bread w/Margarine</p> <p><b>Opt B:</b> Turkey Chef Salad</p>	<p><b>23</b> Baked Ham w/ Pineapple Glaze Sweet Potato Soufflé Peas Diced Pears</p> <p><b>Opt B:</b> Steak Hoagie</p>	<p><b>24</b> Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Fresh Orange</p> <p><b>Opt B:</b> Italian Croissant Sandwich</p>	<p><b>25</b> Beef Pepper Steak Noodles Sliced Carrots Fruit Medley Wheat Dinner Roll w/ Margarine</p> <p><b>Opt B:</b> Southwest Chicken Wrap</p>	<p><b>26</b> Barbequed Chicken Potato Salad Baked Beans Citrus Salad</p> <p><b>Opt B:</b> Ham/Cheese Salad</p>
<p><b>29</b> Hot Dog on Bun Pickled Egg/Beets Melon Fruit Cup Sugar Cookie</p> <p><b>Opt B:</b> Ham/Swiss on a Croissant</p>	<p><b>30</b> Salisbury Steak w/ Gravy Mashed Potatoes Winter Blend Vegeta- bles Mandarin Oranges</p> <p><b>Opt B:</b> Chicken/Cheese Garden Salad</p>	<p><b>31 HALLOWEEN LUNCH</b> "Ghostly" Ham Loaf w/ Pineapple Glaze "Mysterious" Au Gratin Potatoes "Wicked" Green Beans "Moonlit" Applesauce Dinner Roll w/Margarine</p> <p><b>Opt B:</b> "Ghostly" Shrimp/ Cheese Salad</p>	<p><b>Milk Served with Every Meal.</b></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). The menu is subject to change due to typographical errors or other unforeseen circumstances.**