

Menu

October

2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Polynesian Chicken Breast Diced Carrots Garden Salad Berries w/ Whipped Topping WW Dinner Roll Italian Salad Dressing	2 Turkey Enchilada Refried Beans & Cheese Marinated Broccoli, Cauliflower, & Tomatoes Banana Wheat Bread
5 Stir-fried Beef w/ Sugar Peas over Brown Rice Vegetable Egg Roll Vegetable Blend Mandarin Oranges	6 Chicken Salad Sandwich Pasta Salad w/ veg Soup: Twice-Baked Potato Yellow or Red Apple Croissant	7 Stuffed Cabbage Garlic Mashed Redskin Potatoes Garden Salad Italian Dressing Strawberries w/ Whipped Topping WW Dinner Roll	8 Baked Mac & Cheese Diced Carrots Chickpea & Tomato Salad Fruit Cocktail Dinner Roll	9 Potato Crunch Pollock w/ Wild & WG Rice Pilaf Green Beans Cucumber, Tomato, & Onion Salad Banana
12 Columbus Day Center Closed	13 Turkey Burger Baked Beans Diced Carrots w/ Dill Apricots WW Hamburger Bun	14 Baked Ham w/ Pineapple Confetti Coleslaw Pear WW Dinner Roll	15 Swedish Meatballs over Noodles Sugar Snap Peas Mandarin Oranges Pineapple Tidbits Wheat Bread	16 Chicken Cacciatore Green Beans Cucumber, Tomato, & Onion salad Berries w/ Whipped Topping WW Dinner Roll
19 Baked Meatloaf w/ gravy Zucchini & Tomatoes Three Bean Salad Diced Peaches WW Dinner Roll	20 Turkey Tetrazzini Carrot coins Peas & Cheese salad Blueberries w/ whipped topping WW Bread	21 Tuna Salad Sandwich Pasta Salad w/ Veg Broccoli Cheese Soup Yellow or Red Apple Croissant Crackers	22 Chicken w/Cavatappi Pasta California Blend Italian Salad Apricots Italian Bread	23 Teriyaki Beef Dippers w/ Sauce Green Beans Cucumber, Tomato, & Onion salad Banana WW Roll
26 Potato Crunch Pollock Wild & WG Rice Pilaf Pickled Beets & Onions Mandarin Oranges & Pineapple Tidbits WW Bread	27 Beef Pepper Patty w/ Cauliflower Cheese Sauce Zucchini & Tomatoes Pear Dinner Roll	28 Honey Mustard Chicken Breast Sandwich Green Beans Garden Salad Strawberries w/ Whipped Topping WW Hamburger Bun	29 Turkey Pot Roast w/ Gravy over Mashed Potatoes w/ Gravy Confetti Coleslaw Tropical Fruit Salad WW Dinner Roll	30 Frightening Beef Frankfurter w/ Onion Petrified Potato Salad Bubblin' Baked Beans Bobbing Fresh Apple WW Bun

Meals include milk & margarine. Crackers & gravy are low sodium.
 Please make reservations for lunch 48 hours in advance.