

Dexter Senior Center

Menu

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheeseburger Baked Beans Cucumber, Onion, & Tomato Salad Pear
4 Potato Crunch Pollock w/ wild & WG rice pilaf Spinach w/ lemon & vinegar Stewed tomatoes Pineapple tidbits WW Bread	5 Chicken salad sandwich Pasta salad w/ veggies Minestrone Crackers Apple Croissant	6 Stuffed Cabbage Garlic Mashed Redskin potatoes Garden Salad Mixed berries w/topping WW Dinner roll	7 Swedish Meatballs Egg noodles Carrot coins Three bean salad Cinnamon Applesauce Dinner roll	8 Turkey Burger Baked beans Marinated Broccoli, Cauliflower, & Tomatoes Banana
11 Closed	12 Stir-fried beef w/ sugar snap peas over rice Fried rice w/ vegetables Mandarin Oranges WW Bread	13 Baked Ham w/Pineapple sauce Whipped sweet potatoes Spinach salad w/mushroom & egg Apricots Dinner roll	14 Maurice Salad Garden salad Chicken noodle soup Crackers Banana Pita bread	15 Chicken Cacciatore Green beans Diced carrots w/ dill Blueberries w/ topping Italian bread Chocolate Chip Cookie
18 Sloppy Joe Baked beans Normandy Vegetables Orange	19 Sloppy Joe Baked beans Normandy vegetables Orange	20 Tuna salad sandwich Pasta salad w/veggies Broccoli Cheese soup Crackers Apple Croissant	21 Grilled Chicken Fettucine w/veggies & parmesan Brussels sprouts Italian salad Fruited gelatin Italian bread	22 Roast Turkey & gravy Garlic Mashed Redskin potatoes Carrot coins Mixed berries w/ topping WW Dinner Roll
25 Beef Pepper Patty w/gravy Cauliflower w/cheese sauce Zucchini & tomatoes Pear Dinner roll	26 Beef Pepper Patty w/gravy Cauliflower w/ cheese sauce Zucchini & tomatoes Pear Dinner roll	27 Potato Crunch Pollock w/ Wild & WG Rick Pilaf Spinach w/Lemon & Vinegar Pickled beets & onions Fruited gelatin WW Roll	28 Turkey Pot Roast & gravy Mashed potatoes & gravy Coleslaw Strawberries w/topping WW Bread	29 Frightening Frankfurter w/ diced onion garnish Petrieved potato salad Bubblin' baked beans Bobbin' Apple Sugar Cookie

Meals include milk and margarine. WW = Whole wheat LS = Low Sodium. Crackers and gravy are LS.

Please make reservations for lunch 48 hours in advance. If you don't cancel 48 hours in advance, you will be charged \$5.50.