

\$3.00 Suggested Donation

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken & Brown Rice Soup Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding Marble Bread <i>(Egg Salad on Marble)</i></p>	<p>3 Vegetable Beef Soup Teriyaki Pork Fried Rice Stir Fry Vegetables Tropical Fruit Naan Bread <i>(Seafood Salad on Naan Bread)</i></p>	<p>4 Split Pea Soup Knockwurst w/Mustard Boiled Seasoned Potatoes Carrot & Cabbage Mix Coffee Cake Wheat Dinner Roll <i>(Fish Sand. On Wheat Hamburger Bun)</i></p>	<p>5 Venus de Milo Soup Baked Fish w/Crumb Topping Baked Potato w/Lite Sour Cream Italian Blend Vegetables Jello 9-Grain Bread <i>(Turkey and Cheese on 9 Grain)</i></p>	<p>6 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini Fresh Fruit Rye Bread <i>(Meatballs on a Grinder Roll)</i></p>
<p>9 <u>CLOSED</u> Columbus Day</p>	<p>10 Onion Soup w/CROUTONS Meatloaf w/ LS Gravy Mashed Potatoes Mixed Vegetables Pudding Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i></p>	<p>11 Chicken Escarole Soup Italian Style Chicken Cutlet Wild Rice Broccoli Cuts Shortbread Cookies Oatmeal Bread <i>(Tuna on Oatmeal)</i></p>	<p>12 Vegetable Soup Fried Steak w/Country Gravy Crispy Cube Potatoes Brussel Sprouts Fresh Fruit Rye Bread <i>(Shrimp Salad on Rye)</i></p>	<p>13 Red Chowder Stuffed Sole Red Bliss Mashed Potatoes Capri Blend Vegetables Sliced Peaches Wheat Bread <i>(Meatloaf on Wheat)</i></p>
<p>16 Lemonade Low Sodium Hot Dog Baked Beans Scandinavian Blend Vegetables Spumoni Brown Bread <i>(Hamburger on a Roll)</i></p>	<p>17 Chicken Soup w/Anci de Pepe Stuffed Cabbage Seasoned Brown Rice Carrots Diced Pears Sliced Italian Bread <i>(Turkey Salad on Italian)</i></p>	<p>18 Pasta & Bean Soup Italian Sausage w/Mustard Peppers & Onions Sliced Seasoned Potatoes Fresh Fruit Marble Bread <i>(Meatball Sub)</i></p>	<p>19 <u>Happy Birthday</u> Cream of Broccoli Soup Shepherds Pie Asparagus Cuts Frosted Cupcake Wheat Bread <i>(Italian Grinder)</i></p>	<p>20 Vegetable Beef Soup Turkey Meatloaf w/Cranberry Chutney Rice Pilaf Green Beans Lemon Pudding Rye Bread <i>(Tuna on Rye)</i></p>
<p>23 Tomato & Brown Rice Soup Sweet & Sour Pork Loin Capri Blend Vegetables Chocolate Chip Cookies 9-Grain Bread <i>(Turkey & Cheese on 9-Grain)</i></p>	<p>24 Orange Juice Scrambled Eggs Baked Ham Home Fried Potatoes w/ Ketchup Fruited Yogurt <i>(Italian Tuna on a Roll w/Side Salad)</i></p>	<p>25 Turkey Chili Soup BBQ Chicken Leg Corn Bread Tomato Cucumber Salad Tapioca Pudding Rye Bread <i>(Ham Salad on Rye)</i></p>	<p>26 Barley Soup Veal/low sodium Mushroom Gravy Oven Roasted Potatoes Seasoned Spinach Fresh Fruit Marble Bread <i>(Roast Beef & Cheese on Marble)</i></p>	<p>27 Red Chowder Country Crisp Fish w/Tartar Sauce Garlic Mashed Potatoes Sliced Carrots Frosted Brownie Wheat Bread <i>(Chicken Salad on Wheat)</i></p>
<p>30 Italian Wedding Soup Turkey w/ low sodium Gravy Whipped Potatoes Green Beans Fig Bar Pumpnickel Bread <i>(Corned Beef on Pumpnickel)</i></p>	<p>31 Goblin Chicken Soup Ravens Beef w/Mushrooms & Onions in Wine Sauce Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on Roll)</i></p>	<p>Thank you for your donations! Your donations help keep the program going.</p> <p><i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i></p>	<p><i>Reservations must be made one day in advance</i></p>	<p>Salad of the Month Southwest Grilled Chicken Black Beans and Corn Tomatoes Tri -Color Tortilla Strip Lettuce Mix Honey Lime Dressing Monday Oct. 2 Start Date</p>