











October 2019
Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>October Birthdays</p> <p>October 1</p> <p>Country Fried Chicken (1 each) with 2 ounces Creamy Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Mixed Vegetables Wheat Bread Fresh Fruit Birthday Cake</p> 	<p>October 2</p> <p>Sloppy Joe (1/2 cup) 1/2 cup Ranch Seasoned Potatoes 1/2 cup Green Beans Whole Grain Sandwich Roll 1/2 cup Mandarin Oranges</p>	<p>October 3</p> <p>Pumpkin Alfredo Chicken (1/2 cup) over 3/4 cup Bow Tie Noodles 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Pineapple Tidbits</p> 
	<p>October 7</p> <p>Creamy Chicken Divan (6 ounces) over 1/2 cup White Rice 1/2 cup Mixed Vegetables Breadstick 1/2 cup Peaches</p> 	<p>October 8</p> <p>Cottage Pie (4 ounces) Stewed Beef and Vegetables in Gravy Topped with 2 ounces Buttery Mashed Potatoes 1/2 cup Coleslaw Whole Grain Biscuit 1/2 cup Warm Cinnamon Applesauce</p>	<p>October 9</p> <p>Bratwurst (1 each) 1/2 cup Scalloped Potatoes 1/2 cup Peas Hot Dog Roll 1/2 cup Pears Mustard Packet</p> 
<p>October 14</p> <p>COLUMBUS DAY</p> <p>SENIOR CENTERS CLOSED</p>	<p>October 15</p> <p>Chicken Caesar Club (1 each) with Lettuce, Tomato, and Cheese 1 cup Creamy Broccoli Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears Condiments</p> 	<p>October 16</p> <p>Salisbury Steak (1 each) with 2 ounces Onion Gravy 1/2 cup Cabbage and Noodles 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight</p>	<p>October 17</p> <p>BBQ Pulled Pork (1/2 cup) 1/2 cup Seasoned Potatoes 1/2 cup Lima Beans Sandwich Roll 1/2 cup Sliced Apples</p> 
<p>October 21</p> <p>Smokey BBQ Burger (1 each) Topped with BBQ Sauce, Crispy Onions, and Cheddar Cheese 1 cup Creamy Cauliflower Soup with Crackers Sandwich Roll Fresh Seasonal Fruit</p> 	<p>October 22</p> <p>Sweet and Sour Roasted Pork Loin (1 each) 1/2 cup Blended Rice Pilaf 1/2 cup Green Beans Whole Grain Dinner Roll 1/2 cup Mixed Fruit</p>	<p>October 23</p> <p>Open-Faced Hot Turkey (3 ounce slice) Sandwich with Gravy 1/2 cup Mixed Vegetables White Bread 1/2 cup Applesauce</p> 	<p>October 24</p> <p>Baked Meatloaf Marinara (1 each) with Mozzarella Cheese Topping 1/2 cup Garlic Whipped Potatoes 1/2 cup Parmesan Corn Wheat Bread 1/2 cup Banana Pudding</p>
<p>October 28</p> <p>Lemon Pepper Chicken with Gravy (1 each) 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread Fresh Fruit</p>	<p>October 29</p> <p>Baked Cabbage Roll (1 each) with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Carrots Sherbet</p> 	<p>October 30</p> <p>Chicken (3 ounces) Taco with Lettuce, Taco Sauce, Sour Cream 1/2 cup Seasoned Corn and Black Beans 1/2 cup Seasoned Rice Soft Tortilla Shell Fresh Fruit</p>	<p>October 31</p> <p>Ghostly Chili (1 cup) 1/2 cup Fingers and Ant Salad 4 ounces Hocus Pocus Juice Moldy Biscuit 1/2 cup Pumpkin Potion</p> <p>HALLOWEEN</p>

*** All meals are subject to change ***
*** Served daily: 8 ounces Milk and 1 teaspoon Margarine

**TRICK
OR
TREAT**

FRIDAY

October 4

Roasted Pork with Apples (1 each)
1/2 cup Whipped Potatoes
1/2 cup Carrots
Mini Biscuit with Apple Butter
Cookie

October 11

Warm Roast Beef (3 ounces) Sandwich
with AuJus
1/2 cup Ranch Potatoes
1/2 cup Mixed Vegetables
Sandwich Roll
1/2 cup Tropical Fruit



October 18

Seafood Macaroni and Cheese (1 cup)
1/2 cup Stewed Tomatoes
Whole Grain Dinner Roll
Fresh Fruit

October 25

Chicken and Biscuit (1 cup)
1/2 cup Pepper Slaw
Whole Grain Buttermilk Biscuit
1/2 cup Warm Peaches

