

October 2018 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
1) Boneless Chicken w/tangy cranberry sauce, roasted sweet potato, brussel sprouts, chocolate pudding & wheat bread Cal: 666; Sod: 940	2) Meatloaf w/gravy, cheddar whipped potato, peas, fruit & wheat roll Cal: 739; Sod: 876	3) Hot Dog w/mustard & relish, baked beans, coleslaw, mandarin oranges & hot dog roll Cal: 796; Sod: 1394 Café: Caramelized onion, bacon & spinach flat bread pizza	4) Lasagna w/marinara, parsley garnish, roasted zucchini, veggie soup w/crackers, pineapple & oatmeal bread Cal: 660; Sod: 977	5) Potato Pollock w/tartar sauce, buttered red bliss potato, green beans & red pepper, berry crisp & hamburger bun Cal: 793; Sod: 748 Café: Shepard's Pie w/gravy & hot crusty roll
8) Columbus Day Senior Center Closed	9) Yankee Pot Roast w/gravy, butternut squash, golden mashed potatoes, banana tea cake & wheat bread Cal: 746; Sod: 751	10) Pulled Pork w/corn roasted sweet potato, cantaloupe & hamburger roll Cal: 911; Sod: 808 Café: Zingerman's Famous N.Y. Ruben w/chips & a pickle	11) Chicken Pot Pie w/parslied steamed potato, yogurt & juice, snack & loaf Cal: 845; Sod: 980	12) American Chop Suey w/roasted cauliflower, garden salad w/dressing, fresh fruit & wheat bread Cal: 938; Sod: 710 Café: Chicken Cordon Blue Casserole, fresh bread & butter
15) Sweet & Sour Pork w/fried rice, cabbage & carrots w/sesame oil, chilled fruit & rye bread Cal: 719; Sod: 888	16) Baked Haddock w/lemon wedge, buttered bliss potato, tomato soup, Jello & oatmeal bread Cal:628; Sod:790	17) Oven Fried Chicken w/southern greens, mac & cheese, mandarin oranges & white bread Cal: 815; Sod: 1215 Café: Braised Apple Onion Brats on a sub roll, soft baked pretzels w/beer cheese	18) Salisbury Steak w/gravy, mashed potatoes, mixed vegetables, raisins & dinner roll Cal: 815; Sod 1215	19) Stuffed Pepper w/ tomato sauce, au gratin potato, mushroom soup, crackers, apple spice cake & scali bread Cal: 914; Sod: 1307 Café: Grilled Cuban Panini, ham, pork, swiss, pickles & mustard, potato chips
22) Swedish Meatballs w/mashed potato, beets, fresh fruit & oatmeal bread Cal: 639; Sod: 736	23) Spinach Egg & Cheese Bake w/blend veggies, crumb top tomatoes, kale & white bean soup, crackers, yogurt & juice & wheat bread Cal: 917; Sod: 1033	24) Turkey w/gravy, cranberry sauce, whipped potato, peas, applesauce & multigrain bread Cal: 625; Sod: 950 Café: Veggie Quesadilla w/sour cream, guacamole & salsa	25) October Autumn Fest Cider braised pork, roasted parsnips & red carrots, wild rice blend, pumpkin pie & sourdough roll Cal: 843; Sod: 979	26) Chicken Tenders w/honey mustard, sweet potato fries, green beans, cantaloupe & snack & loaf Cal: 690; Sod: 681 Café: Bowl of Chicken Corn Chowder & crusty roll
29) Beef Stew w/peas & carrots, mashed potatoes, chocolate mousse & corn bread Cal: 864; Sod: 751	30) Travel Chef Octoberfest: Chicken Schnitzel, creamy mustard sauce, fennel apple slaw w/onion, parsley, & cider vin, German potato salad, brioche roll, apple strudel w/whipped topping	31) Shepherd's Pie w/carrots, Halloween dessert & wheat roll Cal: 750; Sod: 886 Café: Butternut Squash Ravioli w/brown butter, cranberries & sage	1) Ribecue w/honey golden BBQ sauce, 1/2 baked sweet potato, cauliflower, cheddar soup chilled fruit & wheat bread Cal: 806; Sod: 1139	2) Chicken Lemon Piccata w/parslied rice, roasted tomatoes, fresh fruit & multigrain bread Cal: 682; Sod: 504 Café: Lemon Pepper Fish w/rice pilaf, glazed carrots & roll