

October 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
	1) Chicken Picatta w/ pasta, tossed salad, dressing, chilled peach- es, dinner roll Cal: 827; Sod: 758	2) Meatloaf w/gravy, whipped potato, veggie soup, crackers, chocolate cake & oatmeal bread Cal: 895; Sod: 1120	3) Turkey Cran Apple Salad w/lettuce, beet sal- ad, potato salad, honeydew, pita bread Cal: 572; Sod: 799	4) Beef & Broccoli w/ fried rice, asian veggie blend, chilled pineapple, snack n loaf Cal: 1078; Sod: 784
7) Boneless Chicken w/tangy cranberry sauce, roasted sweet potato, brussel sprouts, fresh fruit & whole wheat bread Cal: 686; Sod: 731	8) Turkey a la King w/mushrooms & red peppers, green beans, brown rice, man- darin oranges & snack n loaf Cal: 800; Sod: 600	9) Vegetable Pinwheel w/ marinara, roasted cauliflower, garden salad, dressing, peaches & oatmeal bread Cal: 822; Sod:1060	10) Pulled Pork w/BBQ sauce, cheddar whipped potato, veggie soup, crackers, yogurt parfait & whole wheat roll Cal: 706; Sod: 1246	11) Ham & Cheese Egg Bake w/buttered red bliss potato, broccoli, apple spice cake & white bread Cal: 861; Sod: 1138
14) Columbus Day Senior Center Closed	15) Travel Chef American Carvery. Herbed Roasted Turkey, pan gravy, baked potato with sour cream, whole buttered green beans, pound cake with mixed berry sauce & parker house roll	16) Rib Q w/BBQ Sauce, roasted sweet potato, corn, cantaloupe & hamburger roll Cal: 668; Sod: 1035	17) Chicken Pot Pie w/ parslied steamed potato, yogurt & juice & oatmeal bread Cal: 652; Sod: 823	18) American Chop Suey w/garlic kale & spinach, caesar salad, chilled peach- es, whole wheat bread Cal: 813; Sod: 1049
21) Salisbury Steak w/ gravy, mashed potato, mixed veggies, blondie & oatmeal bread Cal: 1130; Sod: 1098	22) Oven Fried Chicken w/southern greens, lentil soup, crackers, mandarin oranges & hearty wheat bread Cal: 1130; Sod: 1098	23) Sweet & Sour Meatballs (chicken) w/fried rice, cabbage & carrots w/sesame oil, pineapple & snack n loaf Cal: 863; Sod: 1034	24) Roasted Turkey w/ gravy, whipped sweet potato, green beans, yogurt parfait & roll Cal: 627; Sod: 872	25) Hot Dog w/mustard, relish, baked beans, cole- slaw, cantaloupe & hot dog roll Cal: 718; Sod: 1325
28) Beef Stew w/ mashed potato, fresh fruit & Irish soda bread Cal: 780; Sod: 522	29) Frittata (Spinach & Cheese) w/crumb top toma- toes, kale & white bean soup, crackers, yogurt & juice & wheat bread Cal: 911; Sod: 1042	30) Stuffed Pepper w/rustic to- mato sauce, au gratin potato, applesauce & multigrain bread Cal: 765; Sod: 799	31) October Autumn Fest, Honey garlic pork loin, roast- ed root veggie, autumn stuff- ing, apple pie & sourdough roll Cal: 711; Sod: 781	