







Well-being as we age Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Taco Salad w/ Beef, Refried Bean, Lettuce, Cheese, Salsa, and Sour Cream Pineapple</p>	<p>2 Oven Fried Chicken Baked Sweet Potato w/ Honey Butter Fresh Green Beans Fresh Fruit</p>	
<p>5 Grilled Chicken Sandwich w/ lettuce and tomato Fries Fresh Fruit Cookie</p>	<p>6 Chicken Gyro w/ lettuce, tomato, cucumber, tzatziki sauce Hummus w/ Veggies Watermelon</p>	<p>7 Chili topped Baked Potato w/ cheddar cheese and sour cream Steamed Broccoli Peaches</p>	<p>8 Pea and Cheese Salad Swedish Meatballs over Egg Noodles Steamed Zucchini  Apricots</p>	<p>9 Tossed Salad Red Beans and Rice bowl w/ Kielbasa and Grilled Veggies Fresh Fruit</p>
<p>12 Baked Salmon Rosemary Potatoes Steamed Carrots Pears</p>	<p>13 Lentil Soup Egg Salad Sandwich Chips Banana</p>	<p>14 <i>Oktoberfest</i> Bratwurst w/ sauerkraut and peppers/ roll Bavarian potato salad Apple strudel</p>	<p>15 Breakfast Corn Dog Scrambled Eggs Hash browns Apple Juice</p>	<p>16 Meatloaf Mashed Potatoes w/ gravy Green Beans Fresh Fruit</p>
<p>19 Vegetable Soup Crispy Chicken Salad w/tomatoes, cucumber, shredded cheddar, dressing Rustic Roll</p>	<p>20 Barbeque Chicken Leg Harvest Rice Pilaf Country Mixed Vegetables Fruit Cocktails</p>	<p>21 Beef Pot Roast Soup Grilled Cheese Side Salad Orange Slices</p>	<p>22 Tossed Salad Lasagna Broccoli Breadstick</p>	<p>23 Savory Bean Soup Pork Chop Patty Rice Cornbread Fresh Fruit</p>
<p>26 Coleslaw Salmon Burger w/ lettuce and tomato  Crinkle Cut Fries Fresh Fruit</p>	<p>27 Grilled Turkey and Cheese on flat bread Chips Carrots w/ Ranch Peaches</p>	<p>28 Steak Quesadilla Spanish Rice Black Beans Mandarin Oranges</p>	<p>29 Golden Baked Chicken Mashed Potatoes w/ Gravy Garden Vegetables Fresh Fruit</p>	<p>30 <i>Halloween</i> Garden Salad Tomato Soup w/croutons Grilled Cheese Grapes</p>

1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$7.50 per meal