

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change		1 Garden Salad Navy Bean and Kale Soup Rustic Roll Cookie Fresh Fruit	2 Pea and Cheese Salad Hot Roast Beef and Cheddar Sandwich Potato Wedges Mandarin Oranges	3 Lasagna Broccoli Breadstick Fresh Fruit/Cookie
6 Cheese Pizza w/ veggies Garden Salad Diced Peaches over Tapioca Pudding	7 Herb Grilled Pollock Rosemary Potatoes Garden Vegetables Fresh Fruit Dinner Roll	8 Tender Beef Strips w/ mushroom gravy over egg noodles Green Beans Dinner Roll Applesauce	9 Pickled Beet Salad Mac and Cheese Steamed Spinach Dinner Roll Fresh Fruit	10 Grilled Chicken Sandwich w/ lettuce and tomato Sweet Potato Fries Fresh Chocolate Chip Cookie Peaches
13 Salisbury Steak Mashed Potatoes and Gravy Scandinavian Vegetables Tropical Fruit Dinner Roll	14 Vegetable Quiche Roasted Potatoes Yogurt Muffin Pineapple	15 Garden Salad Parmesan Crusted Tilapia Wild Rice Dinner Roll Fresh Fruit	Oktoberfest 16 Bratwurst w/sauerkraut and peppers/ roll Bavarian Potato Salad Apple Strudel	17 Oven-Fried Chicken Rosemary Potatoes Green Beans Pears Dinner Roll
20 Spaghetti w/meat sauce Garlic Bread Winter Mix Vegetables Fresh Fruit	21 Hot Turkey Sandwich w/mashed potatoes and gravy Capri Vegetables Tropical Fruit	22 Stuffed Peppers Steamed Rice Steamed Vegetables Fresh Fruit	23 Coleslaw Crispy Fish Fillet on Hoagie Roll w/ Lettuce and Tartar French Fries Pineapple	24 Lemon Pepper Drumsticks Harvest Rice Pilaf Steamed Vegetables Mandarin Oranges Dinner Roll
27 Sausage Lentil Soup Egg Salad Sandwich Chips Applesauce	28 Meatball Stroganoff over egg noodles Steamed Carrots Dinner Roll Fresh Fruit/ Cookie	29 Grilled Chicken Breast Wild Rice Steamed Vegetables Fruit	30 Baked 3 Cheese Pasta w/ meat sauce Steamed Broccoli Breadstick Fruit Mix	Halloween 31 Coleslaw BBQ Rib Sandwich Tater Tots Pumpkin Bar Apple

1% milk, 2oz of whole grain, 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 (aged 60+) is \$4.00. For non-eligible persons (aged 59 and younger), the cost is \$8.00 per meal