



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tender Beef Strips w/ mushroom gravy over egg noodles Green Beans Dinner Roll Apricots	2 Vegetable Soup Warm Ham and Swiss on Ciabatta Roll Cookie Fresh Fruit
5 Golden Baked Chicken w/ Rice and gravy Steamed Broccoli Peaches Dinner Roll	6 Tomato Bisque Soup Grilled Cheese Sun Chips Fresh Fruit	7 Coleslaw Crispy Fish Fillet on Hoagie Roll w/ Lettuce and Tarter French Fries Pineapple	8 Diced Cucumber Salad Southwest Chicken Bake over Steamed Rice Fresh Fruit Dinner Roll	9 Lemon Pepper Drumsticks Harvest Rice Pilaf Steamed Vegetables Mandarin Oranges Dinner Roll
12 Bowl of Chili topped w/ green onion and shredded cheddar Tortilla Chips Fresh Fruit	13 Turkey Pot Pie w/ biscuit top Garden Salad Tropical Fruit Cookie	14 Lentil Soup Egg Salad Sandwich Dilled Cucumber Salad Fresh Fruit	Oktoberfest 15 Bratwurst w/sauerkraut and peppers/ roll Bavarian Potato Salad Apple Strudel	16 Teriyaki Chicken Bowl w/ Rice, Chicken, and stir fry veggies. Egg Roll Mandarin Oranges
19 Vegetable Soup Hot Beef and Cheddar Sub Potato Wedges Pears	20 Pickled Beet Salad Oven Fried Chicken Rice Pilaf Pineapple Dinner Roll	21 Baked Potato Soup Grilled Turkey and Cheese French Fries Banana Pudding Parfait	22 Black Bean Salad Chicken Fajitas w/sour cream and salsa Spanish Rice Mandarin Oranges	23 Meatloaf w/ mashed potatoes and gravy Steamed Carrots Fresh Fruit Dinner Roll
26 Chicken Salad on Croissant with lettuce and tomato Fresh Veggies and Dip Chips Fresh Fruit	27 Swedish Meatballs over egg noodles Steamed Carrots Mixed Fruit Dinner Roll	28 Baked Fish Wild Rice Steamed Vegetables Dinner Roll Peaches	29 Minestrone Soup Club Sandwich Cookie Fresh Fruit	Halloween 30 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 people (aged 60+) is \$5.00. For non-eligible people, (aged 59 & younger) cost is \$9.00 per meal