

# OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>OCTOBER 2</u> Salisbury Steak w/Mushroom Gravy Peas & Carrots Rotini Orange	<u>OCTOBER 3</u> Italian Sausage w/Peppers & onions Broccoli & Cauliflower Penne Cookie	<u>October 4</u> BBQ Chicken Sweet Potatoes Brussel Sprouts Cornbread Pudding	<u>October 5</u> Potato Crunch Fish Green Beans Brown Rice Pilaf Mandarin Oranges Yogurt	<u>OCTOBER 6</u> Pork & Sauerkraut Peas Mashed Potatoes Apple Wheat Bread
<u>OCTOBER 9</u> <b>SENIOR CENTER CLOSED FOR COLUMBUS DAY</b>	<u>OCTOBER 10</u> Stuffed Pepper Mixed Vegetable Mashed Potatoes Yogurt Wheat Bread	<u>OCTOBER 11</u> Sweet & Sour Chicken Stir Fry Blend Rice Tropical Fruit	<u>OCTOBER 12</u> Sloppy Joe Potato Wedges Garden Salad Orange Salad Dressing	<u>OCTOBER 13</u> Ham & Cheese Fritta Sausage Links Breakfast Potatoes Fruit Salad Wheat Bread
<u>OCTOBER 16</u> Cheeseburger Sweet Potato Fries Coleslaw Clementine Ketchup	<u>OCTOBER 17</u> Cranberry Glazed Pork Mashed Potatoes Beets Cookie Wheat Bread	<u>OCTOBER 18</u> Breaded Fish Wax Beans Mac & Cheese w/ Tomatoes Pineapple Tarter Sauce	<u>OCTOBER 19</u> Stuffed Chicken Breast Brussel Sprouts Parslied Potatoes Pudding Wheat Bread	<u>OCTOBER 20</u> Spaghetti w/Meatballs Vegetable Blend Fruit Salad
<u>OCTOBER 23</u> Meatloaf w/Gravy Mashed Potatoes Green Beans Apple Wheat Bread	<u>OCTOBER 24</u> Chicken Tenders Carrots Potato Wedges Applesauce Wheat Bread Dipping Sauce	<u>OCTOBER 25</u> Beef Stroganoff Peas & Pearl Onions Clementine Blueberry Bread	<u>OCTOBER 26</u> Pork Riblet Baked Beans Coleslaw Fresh Melon	<u>OCTOBER 27</u> Cheese Ravioli Alfredo Broccoli Garden Salad Wheat Bread Cookie Salad Dressing
<u>OCTOBER 30</u> Salisbury Steak w/Mushroom Gravy Peas & Carrots Rotini Orange	<u>OCTOBER 31</u> Italian Sausage w/Peppers & Onions Broccoli & Cauliflower Penne Cookie		<div> SUGGESTED MEAL  DONATION OF <b>\$2.00</b>  FOR THOSE OVER 60  YEARS OF AGE.  \$5.95 for those under </div>	<div> Meals are served from  11:00—12:15.  All meals come with  milk and all meals are  subject to change. </div>

**WHEN MAKING LUNCH RESERVATIONS AT THE SENIOR CENTER, PLEASE CALL  
724-222-9321 AT LEAST 24 HOURS IN ADVANCE. THANK YOU.**