

OCTOBER

2017

SENIOR CENTER MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Friday Frozen
WH.BREAD 2	3	WH.BREAD 4	CORNBREA 5	6	13
B. SPAGHETTI 6OZ		BEEF TIPS 6OZ	PINTO BEANS 4OZ	CHICK. CASS. 10 OZ	CHICK.CASS. 10OZ
CORN 4OZ	POTLUCK	EGG NOODLES 4OZ	FRIED POTATO 4OZ	BABY CARROT 4OZ	BABY CARROT 4OZ
SUN. SEEDS		CAL.VEG.BLEND 4OZ	BEETS 4OZ	TOMATOES 4	FRUIT COMP. 4OZ
CANTALOUPE 4OZ		ONION SLICE	ONION SLICE	FRUIT COMP. 4OZ	WHEAT BREAD
SUGAR COOKIE		STRAW/BAN 4OZ	TROPICAL FR. 4OZ	WHEAT BREAD	
MILK/MARGARINE		MILK/MARGARINE	MILK/MARGARINE	MILK/MARGARINE	
WH.BREAD 9	10	WH.BREAD 11	CORNBREA 12	WH.BREAD 13	20
MAR. CHICK. BR.		BREAD. PORK T.	SALMON PATTY	CHICK/NOODLE8OZ	SALMON PATTY
BAKED POTATO	POTLUCK	ROAST.SW.POT4OZ	MAC/TOM. 4OZ	BRUSS.SPROUT4OZ	MAC/TOM. 4OZ
GREEN BEANS 4OZ		CORN 4OZ	GREENS 4OZ	ONION SLICE	GREENS 4OZ
TOMATOES 4		ONION SLICE	ONION SLICE	DICED PEARS 4OZ	CORNBREAD
CANTALOUPE 4OZ		TROPICAL FR. 4OZ	BANANA	SUGAR COOKIE	BANANA
MILK/MARGARINE		MILK/MARGARINE	MILK/MARGARINE	MILK/MARGARINE	
WH.BREAD 16	17	WH.BREAD 18	WH. BREAD 19	WH.BREAD 20	27
MEATLOAF 3OZ		BAKED CHICKEN	BEEF TIPS 6OZ	BREAD. PORK	BEEF TIPS 6OZ
CH.MASH. POT. 4OZ	POTLUCK	BAKED POTATO	EGG NOODLES 4OZ	SW.POT.SOUFF 4OZ	EGG NOODLES 4OZ
ONION SLICE		PEAS 4OZ	CAL.VEG.BL. 4OZ	GREEN BEANS 4OZ	CAL.VEG.BL. 4OZ
GREEN BEANS 4OZ		MAND. ORANGE4OZ	ONION SLICE	TOMATOES 4	STRAW/BAN 4OZ
BANANA		TOMATOES 4	STRAW/BAN 4OZ	PINEAPPLE CH.4OZ	WHEAT BREAD
MILK/MARGARINE		MILK/MARG/SR.CR.	MILK/MARGARINE	MILK/MARGARINE	
WH.BREAD 23	24	CORNBREA 25	WH. BREAD 26	WH.BREAD 27	3
POT ROAST 3OZ		PINTO BEANS 4OZ	MAR. CHICK BR.	B. SPAGHETTI 6OZ	MAR. CHICK. BR.
BRUSS.SPROUT4OZ	POTLUCK	FRIED POTATO 4OZ	BAKED POTATO	CORN 4OZ	POTATO
ONION SLICE		BEETS 4OZ	GREEN BEANS 4OZ	SUN. SEEDS	GREEN BEANS 4OZ
DICED PEARS 4OZ		ONION SLICE	TOMATOES 4	CANTALOUPE 4OZ	WHEAT BREAD
SUGAR COOKIE		TROPICAL FR. 4OZ	CANTALOUPE 4OZ	SUGAR COOKIE	MAND. ORANGE4OZ
MILK/MARGARINE		MILK/MARGARINE	MILK/MARGARINE	MILK/MARGARINE	
WH.BREAD 30	31				
BREAD. PORK					
SW.POT.SOUFF4OZ	POTLUCK				
GREEN BEANS 4OZ					
TOMATOES 4					
PINEAPPLE CH. 4OZ					
MILK/MARGARINE					