

GATEWAY SENIOR CENTER MENU | OCTOBER 2022

MONDAY

3 Herbed Pork Loin
Lima Beans
Sweet Potatoes
Fried Apples
Honey Wheat Dinner Roll
1% Milk

TUESDAY

4 Lasagna
Spinach Side Salad
Italian Dressing
Honey Wheat Dinner Roll
Margarine
Chocolate Milk
Peas & Carrots
Diced Pears

THURSDAY

6 Grilled Chicken Breast
Swch
Broccoli
Red Grapes
Hashbrown Casserole
Chocolate Milk
Lettuce & Tomato

FRIDAY

7 Chicken and Dumplings
Corn
Banana
Honey Wheat Dinner Roll
Margarine Cup
Green Beans
1% Milk

10 CLOSED - COLUMBUS DAY

11 Cheese Burger Deluxe
Sweet Potato Fries
Green Beans
1% Milk
Tropical Fruit Salad

13 Sausage Patty
Southern Style Biscuit
Fresh Orange
1% Milk
Egg Patty
Margarine
Strawberry Nonfat Yogurt
Oatmeal

14 BBQ Chicken Breast
Baked Sweet Potato Half
Broccoli & Cauliflower
Honey Wheat Dinner Roll
Margarine
1% Milk
Ambrosia Salad

CLOSED ON WEDNESDAYS

17 Chicken Noodle Soup
Tropical Fruit Salad
Baked Potato Chips
Whole Wheat Crackers
Pimiento Cheese Sandwich
1% Milk

18 Chicken & Broccoli Casserole
Honey Wheat Dinner Roll
Margarine
1% Milk
Carrots
Chocolate Pudding

20 Pinto Beans
Cornbread
RS Seasoned Greens
Margarine
1% Milk
Mandarin Oranges

21 Fish Sandwich
1% Milk
Oven Brownd Potatoes
Mixed Fruit
Creamy Cole Slaw

24 Meatloaf
Mashed Potatoes
Honey Wheat Dinner Roll
RC Chocolate Pudding
Green Peas
Chocolate Milk

25 Chicken & Vegetable Stir Fry
Brown Rice
Broccoli
Honey Wheat Dinner Roll
Mandarin Oranges
1% Milk
Margarine
Graham Crackers

27 Chicken Tetrzzini
Collard Greens
WGrain Breadstick
Margarine
Chocolate Pudding
1% Milk

28 Sloppy Joe & Macaroni Casserole
Whipped Sweet Potatoes
Spinach
Diced Pears
1% Milk