







SENIOR LUNCH MENU

October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lemon Pepper Chicken, Mixed Vegetables, Cheesy Spinach, Poke Cake
4 Meat Lasagna, Fresh Tossed Salad w/dressing, Fruit Cobbler	5 Chicken Salad Sandwich, Asian Slaw, Fruit, Cookie and condiments.	6 Italian Style Pork Chops, Scaloped Potatoes, Seasoned Green Beans, Berry Cup,	7 Beef Stroganoff, Jefferson Noodles, Seasoned Carrot Coins, Sliced Peaches, Pound Cake	8 Cranberry Glazed Pork Roast, Yam Patties, Greens, Fruit Trifle
11 BBQ Chicken, Macaroni & Cheese, Confetti Coleslaw, Fresh Pineapple, Chocolate Chip Cookie	12 Ham & Cheese Sandwich, Pasta Salad, Fruit Cookie and condiments	13 Meatloaf, Fresh Mashed Potatoes with gravy, Cheesy Broccoli, Baked Sliced Apples	14 Cheddar Baked Fish, Potato Fingers, Greens, Cake with frosting	15 Spaghetti Noodles, Italian Meat sauce, Tossed Salad w/dressing, Fresh Fruit
18 Tuna Noodle Casserole, Caesar Salad w/ dressing, Peach Cobbler	19 Turkey Sandwich, Asian Slaw, Fruit, Cookie and condiments	20 Pepper Steak w/gravy, Black-eyed Peas, Rice Pilaf, Hawaiian Fruit Cup	21 Stuffed Peppers, Vegetable Medley, Fruit Crisp	22 Spinach, Mushroom & Cheese Lasagna, Caesar Salad with dressing, Fresh Fruit
25 Herbed Roasted Pork, Green Peas, Calico Coleslaw, Strawberries, Confetti Cake	26 Chicken Salad Sandwich, Potato Salad, Fruit, Cookie and Condiments	27 Sliced Glazed Ham, Whipped Sweet, Fresh Lima Beans, Hawaiian Fruit, Sugar Cookie	28 Turkey Croquette, Cheesy Spinach, Corn O'Brien, Fruit Trifle	29 Cornflake Chicken, Potato Fingers, Confetti Coleslaw, Chocolate Chip Cookie, Fruit Cocktail

Healthy Tip of the Month:

Make Half of Your Plate Fruit and Vegetables .

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate.

Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

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All Meals are served with a choice of Skim or 2% Milk and Dinner Roll.