

**NUTRITION & SERVICES FOR SENIORS**

*OCTOBER 2020*

*MENU*

<b>MON</b>		<b>TUES</b>		<b>WED</b>		<b>THURS</b>		<b>FRI</b>	
Baked Potato Sale - Fri, Oct 30. <b>Orders with payment are due by Tues, Oct 27.</b> Give order form and payment to your Driver. (You may pay with credit or debit card by calling <b>892-4455</b> ) Thanks!						<b>1</b>		<b>2</b>	
						Pork Roast w/Gravy Mashed Potatoes Steamed Broccoli Roll Diced Peaches Milk <span style="float:right">*6</span>		Chicken Paprika Cabbage Peas & Carrots Roll Yogurt Juice <span style="float:right">*4</span>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Oven Fried Chicken Chuckwagon Corn Capri Blend Veggies Roll Fruit Cup Juice <span style="float:right">*5</span>	Ham Slice w/Black-eyed Peas Collard Greens Cornbread Ambrosia Milk <span style="float:right">*5</span>	Beef Stroganoff w/Noodles Zucchini Roll Chocolate Pudding Juice <span style="float:right">*5</span>	Chicken Divan Brown Rice Cauliflower w/Red Peppers Roll Oatmeal Raisin Cookie Milk <span style="float:right">*5</span>	Crab Cakes Tartar Sauce Parsley Potatoes Okra & Tomatoes Roll Applesauce Juice <span style="float:right">*5</span>					
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Spaghetti w/Meat Sauce and Parmesan Spinach Breadstick Spiced Peaches Juice <span style="float:right">*5</span>	Chicken Chili Rice Capri Blend Veggies Cornbread Diced Pears Milk <span style="float:right">*5</span>	Beef Broccoli Stir Fry Brown Rice Yellow Squash Roll Raisins Juice <span style="float:right">*5</span>	Chicken Fajitas w/Peppers & Onions Pinto Beans Spanish Rice Tortilla Vanilla Pudding Milk <span style="float:right">*5</span>	Beef Tips w/Gravy Rice Broccoli Roll Fresh Oranges Juice <span style="float:right">*6</span>					
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Baked Chicken Thigh Green Beans w/Diced Potatoes Cauliflower w/Red Peppers Roll Blueberry Muffin Juice <span style="float:right">*5</span>	Chicken Parmesan w/Pasta Italian Mixed Veggies Pear Crisp Milk <span style="float:right">*4</span>	Cheese Omelet w/Salsa Seasoned Potatoes Pinto Beans Biscuit Applesauce Juice <span style="float:right">*5</span>	Cabbage Roll California Blend Veggies Roll Fruit Cup Milk <span style="float:right">*4</span>	Ham Hash Brown Potato Casserole Turnip Greens Roll Fresh Apple Juice <span style="float:right">*6</span>					
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Chicken Pot Pie Brussels Sprouts Biscuit Jello w/Pineapple Juice <span style="float:right">*5</span>	Sausage w/White Beans California Blend Veggies Cornbread Orange Slices Milk <span style="float:right">*5</span>	Chicken Strips w/Honey Mustard Green Peas Mashed Potatoes Yogurt Juice <span style="float:right">*5</span>	Tuna Salad on Lettuce, Tomatoe & Onion, Broccoli Salad Pita Bread Assorted Muffins Milk <span style="float:right">*4</span>	Hamburger Steak w/Gravy, Rice Carrots Roll Diced Pears Juice <span style="float:right">*5</span>					



MILK OR JUICE SERVED WITH EACH MEAL

SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

**\*Carb Exchanges**