



# OCTOBER 2021

## Nutrition & Services for Seniors



Mon	Tue	Wed	Thu	Fri
<p>CARENET Emergency Response Systems Call Lottie at NSS 409-892-4455</p>				<p>1 Swedish Meatballs Mashed Potatoes, Broccoli Apple Slices, Assorted Muffins Milk</p>
<p>4 Hamburger on Wheat Bun, with trimmings, Mac &amp; Cheese Green Beans, Chocolate Pudding, Juice</p>	<p>5 Pork Chop, Blackeye Peas, Cabbage, Cornbread, Pineapple Chunks Oatmeal Raisin Cookie, Milk</p>	<p>6 Lasagna, Italian Green Beans, Spiced Apples, Garlic Toast, Pudding, Juice</p>	<p>7 Fish Sticks, Sweet Potato Puff, Yellow Squash, Romaine/Veggie Salad with Dressing, Fruit Cup Milk</p>	<p>8 Chicken with Wheat Noodles, Steamed Carrots, Cinnamon Apple Bake, Roll, Fruit Salad, Milk</p>
<p>11 Cheese Omelet topped with Chuck Wagon Corn, Spanish Rice, Baked Beans, Tortilla, Peaches, Milk</p>	<p>12 Turkey Chili, Brown Rice, Capri Vegetables, Cornbread, Pudding w/Vanilla Wafers, Juice</p>	<p>13 BBQ Chicken Thighs, Potato Pancake, Zucchini, Wheat Roll, Mandarin Oranges, Milk</p>	<p>14 Ham Slice, Baby Baker Potatoes, Collard Greens, Applesauce, Muffin, Milk</p>	<p>15 Meatloaf with Gravy Roasted Potatoes, Okra and Tomatoes, Romaine Veggie Salad with Dressing, Wheat Roll, Yogurt, Juice</p>
<p>18 Oven Fried Fish, Steamed Rice, Yellow Squash, Sliced Strawberry Cup, Roll, Milk</p>	<p>19 Cabbage Rolls, Mashed Potatoes Cucumber/Tomato/Onion Salad, Carrot Coins, Fruit Cup, Milk</p>	<p>20 Baked Chicken Thighs Jollof Rice, Spinach, Sliced Tomatoes, Cornbread, Fresh Orange, Milk</p>	<p>21 Cheeseburger w/trimmings, Baked Fries, Ranch Beans, Yogurt, Juice</p>	<p>22 Chicken &amp; Dumplings Brussels Sprouts, Mixed Fruit Salad, Wheat Roll, Milk</p>
<p>25 Chicken Fajitas w/Onions &amp; Bell Peppers, Spanish Rice, Refried Beans, 2 Tortillas, Banana Pudding Cup, Juice</p>	<p>26 Steak Fingers, Sweet Potatoes w/ Cinnamon, Broccoli, Pears, Blueberry Muffin, Milk</p>	<p>27 Chicken Alfredo w/Penne Pasta, California Blend Vegetables, Tossed Salad w/Dressing, Roll, Fruit Cup, Milk</p>	<p>28 Tuna Salad, Tomato/Onion Salad, Carrot Raisin Salad, Fresh Apple, Crackers, Milk</p>	<p>29 Beef Patty w/Brown Gravy, Steamed Rice, Mixed Vegetables, Cornbread, Fruit Cup, Brownie, Milk</p>

SUBSTITUTIONS MAY BE MADE DUE TO AVAILABILITY OF PRODUCTS