




October 2019

Senior Nutrition Program Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Baked Turkey Stuffing Mashed Potatoes Broccoli Salad Cinnamon Sliced Peaches</p>	<p>2</p> <p>Chicken Fajitas Spanish Rice & Flour Tortilla Roasted Corn Medley Cucumber Salad Fresh Apple Orange Juice</p>	<p>3</p> <p>Spaghetti & Meat Sauce Garlic Green Beans Fresh Garden Salad Whole Orange</p>	<p>4</p> <p>Chicken w/Marsala Sauce Dinner Roll Steamed Zucchini Baked Winter Squash Fresh Cantaloupe</p>
<p>7</p> <p>Beef Stroganoff Whole Grain Bread Beet & Red Onion Salad Steamed Broccoli Vanilla Pudding w/Blueberry Garnish</p>	<p>8</p> <p>Grilled Chicken Breast Corn Bread Seasoned Carrot Coins Cole Slaw Fresh Pear</p>	<p>9</p> <p>Beef Meatloaf Whole Grain Couscous Steamed Cauliflower French Cut Green Beans Banana</p>	<p>10</p> <p>Turkey A La King Whole Grain Bread Mashed Potatoes C1-Salad Bar C2-Spring Mix Salad w/Baby Corn Fresh Peach</p>	<p>11</p> <p>Oktoberfest Holiday Menu Pork Tenderloin with Sweet Mustard Sauce Whole Grain Pretzel Mashed Potatoes Peas and Carrots Apple Pie Grape Juice</p>
<p>14</p> <p>Mojo Chicken Whole Grain Corn Muffin Baked Beans Sweet Plantains Fresh Cantaloupe</p>	<p>15</p> <p>Pork Adobo Whole Grain Roll Zucchini Medley C1-Salad Bar C2-Green Salad Chocolate Chip Cookie Orange Juice</p>	<p>16</p> <p>Turkey Burger Leafy Green Lettuce Peas Fresh Oven Baked Sweet Potato C1-Minestrone Soup C2-Apple Juice Fresh Pear</p>	<p>17</p> <p>Teriyaki Beef Brown Rice Green Cabbage Slaw Steamed Broccoli Fresh Cutie Mandarin Orange</p>	<p>18</p> <p>Chicken Cacciatore Couscous Italian Blend Vegetables Kale & Spinach Salad w/Corn Fresh Banana</p>
<p>21</p> <p>Oven Roast Beef in Gravy Whole Grain Dinner Roll Mashed Potatoes Steamed Peas Fresh Orange</p>	<p>22</p> <p>Lemon Dijon Chicken Pasta w/Herbs Baked Winter Squash Coleslaw Peaches & Pineapple Fruit Cup</p>	<p>23</p> <p>Beef Stew Whole Grain Biscuit Beet Salad Apple Orange Juice</p>	<p>24</p> <p>Tuna Salad Sandwich Corn Cilantro Salad Tossed Green Salad w/Cucumbers C1-Creamy Tomato Soup C2 - Cranberry Juice Fresh Cantaloupe</p>	<p>25</p> <p>Turkey Chili Corn Chips Steamed Broccoli Spring Mix Salad w/Onion Fresh Peach</p>
<p>28</p> <p>Chicken Curry Couscous & Indian Okra C1 - Salad Bar C2 - Spinach Salad w/Tomatoes Pineapple Cubes Orange Juice</p>	<p>29</p> <p>Beef Burrito Bowl Flour Tortilla Spicy Corn Pinto Beans Fresh Orange</p>	<p>30</p> <p>Breaded Pork Chop Hawaiian Roll Fresh Baked Sweet Potato Green Peas Fresh Pear</p>	<p>31</p> <p>Halloween Holiday Menu Rosemary & Garlic Baked Chicken Rye Bread Fresh Baked Sweet Potato Spinach & Kale Salad German Chocolate Cake Orange Juice</p>	