

Senior Activity Center
October Lunch Menu
11:30 am – 1:00 PM

Tuesday	Wednesday	Thursday	Friday
		1 Chicken Strips Tater Tots Mixed Veggies Mandarin Oranges Whole Wheat Roll Milk	2 Turkey Sandwich Chips Carrots Peaches Milk
6 Chicken Alfredo Mixed Veggies Pears Milk	7 Beef Pot Roast Mashed Potatoes & Gravy Normandy Veggies Tropical Fruit Whole Grain Roll Milk	8 Turkey Ala King Peas Pineapple Whole Grain Roll Milk	9 Kielbasa Chips Carrots Peaches Milk
13 Spaghetti Salad Applesauce Milk	14 Hot Beef Sandwich Mixed Medley Tropical Fruit Milk	15 Chicken Fried Steak Mashed Potatoes & Gravy Mandarin Oranges Whole Wheat Roll Milk	16 Mac and Cheese served with Ham Green beans Pears Whole Grain Roll Milk
20 Soft Tacos Pinto Beans Lettuce & Tomatoes Pears Milk	21 Lasagna Salad Peaches Milk	22 Pork and Noodle Casserole Carrots Oranges Milk	23 BBQ Chicken Mashed Potatoes & Gravy Cauliflower Mandarin Oranges Whole Grain Roll Milk
27 Baked Chicken Rice Mixed Veggies Peaches Milk	28 Creamy Tomato Beef Spinach Pasta Pears Milk	29 Chicken Fried Steak Mashed Potatoes & Gravy Salad Whole Grain Roll Milk	30 Chicken Fajita Lettuce & Tomato Black Beans Tropical Fruit Milk

*Cost of lunch meal is a suggested donation for seniors 60 years and older

*Cost of lunch meal is \$5 for seniors **UNDER** age of 60

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