



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Donation is \$2.00 per meal. Our cost is \$4.05 per meal.</p> <p>Menu Subject to Change</p> <p>When there is a low sodium substitute, participants at the centers will be able to receive an alternate meal as long as they sign up for it in advance.</p>			<p>1 Roast Turkey w/Gravy Stuffing Cranberry Sauce Whipped Potatoes Broccoli Whole Grain Bread Apricots</p>	<p>2 Meatloaf w/ Gravy Baked Potato Brussels Sprouts Apricot Nectar Whole Grain Bread Fruit Cocktail</p>
<p>5 Lemon Pepper Fish w/Tartar Sauce Scalloped potatoes Old Fashioned Vegetable Mix Whole Grain Bread Apricots</p>	<p>6 Knockwurst w/Sauerkraut Baked Beans Carrots Whole Grain Bread Applesauce & Cookies</p> <p>▼ Low Salt Subst.</p>	<p>7 Chicken Dijon Rice Pilaf Spinach Orange Juice Whole Grain Bread Peaches</p>	<p>8</p> <p>Volunteer Recognition Luncheon</p> <p>All Senior Service Centers Closed</p> <p>No Congregate Meals</p> <p>Home Delivered Meals</p>	<p>9 Beef Stew Green Beans Waldorf Salad Whole Grain Bread Chocolate Chip Cookies</p>
<p>12 Columbus Day Holiday All Senior Service Centers Closed No Congregate Or Home Delivered Meals</p>	<p>13 Macaroni Beef Bake Carrot Coins Orange Juice Whole Grain Bread Fruit Cocktail</p>	<p>14 Baked Chicken Quarters w/Gravy Mashed Potatoes Broccoli Whole Grain Bread Orange Blossom Pudding</p>	<p>15 Roast Pork w/Gravy Oven Roasted Potatoes Winter Squash Applesauce Whole Grain Bread Tropical Fruit</p>	<p>16 Hungarian Goulash Noodles California Mixed Vegetables Orange Juice Whole Grain Bread Birthday Cake</p>
<p>19 Swiss-Broccoli Frittata Green Peas Orange Juice English Muffin Tropical Fruit</p>	<p>20 Pork Chops w/Stuffing/Gravy Applesauce Scalloped Potatoes Mixed Vegetables Whole Grain Bread Fruited Jell-O</p>	<p>21 Chicken Cutlet w/Mushroom Gravy Mashed Potatoes California Mixed Vegetables Whole Grain Bread Pineapple Upside-Down Cake</p>	<p>22 Pot Roast w/Gravy Whipped Potatoes Whole Baby Carrots Whole Grain Bread Chocolate Mousse</p>	<p>23 Spaghetti & Meatballs Italian Blend Vegetables Tossed Green Salad Italian Bread Fresh Fruit</p>
<p>26 Baked Ham w/Pineapple Sauce Sweet Potatoes Fresh Green Beans Whole Grain Bread Butterscotch Pudding</p>	<p>27 Baked Chicken w/Gravy Cranberry Sauce Whipped Potatoes Spinach Orange Juice Whole Grain Bread Fruited Jell-O</p>	<p>28 Meatloaf w/Pan Gravy Baked Potato Mixed Vegetables Whole Grain Bread Pumpkin Bar</p>	<p>29 Cheese Lasagna Brussels Sprouts Tossed Greene Salad Whole Grain Bread Pears</p>	<p>30 Broccoli & Cheese Fish w/Tartar Sauce Potatoes O'Brien Italian Blend Vegetables Whole Grain Bread Pineapple & Mandarin Oranges</p>