



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Reservation Required
by posted sign up date.

Cost of lunch for center members 60+ is a donation up to \$6.64 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.64

Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.64.

6
Chicken Breast Fricassee
WG Brown Rice Pilaf
Mixed Vegetables
WG White Wheat Bread
Sliced Apple Snack Pack

Sign up due by
10:00am 10/1

7 **SUB**
Ham & Cheddar Sub
Lettuce, Tomato & Onion
Club Roll
Cole Slaw
Potato Salad
Fruit Cocktail

Sign up due by
10:00am 9/29

8 **NEW ITEM**
Reuben Sammy Casserole
Zucchini & Tomatoes
Fruit Cocktail
WG White Wheat Bread

Sign up due by
10:00am 10/3

9
Cream of Broccoli Soup
BBQ Chicken Sandwich
WG Hamburger Roll
Fresh Cole Slaw
Fruited Yogurt

Sign up due by
10:00am 10/6

10 **NEW ITEM**
Sliced Ham w/Raisin Sauce
Au Gratin Potatoes
Honey Maple Carrots
Pineapple Tidbits
WG White Wheat Bread

Sign up due by
10:00am 10/7

13
Columbus Day

Center Closed

14
Lentil & Spinach Soup
Tuna Salad Sandwich
Corn & Edamame
Applesauce
WG White Wheat Bread

Sign up due by
10:00am 10/8

15 **NEW ITEM**
Pot Roast of Beef w/
Stroganoff Sauce
Roasted Potatoes
Seasoned Greens
Mandarin Oranges
WG White Wheat Bread

Sign up due by
10:00am 10/9

16 **OCTOBERFEST**
Bratwurst w/Peppers &
Onions
Club Roll
Braised Red Cabbage
Red Skinned Potatoes
Waldorf Salad
Chocolate Cake

Sign up due by
10:00am 10/7

17
Pepperjack Turkey Burger
Lettuce & Tomato
WG Sandwich Roll
Fresh Broccoli Salad
Tropical Fruit
Fruited Yogurt

Sign up due by
10:00am 10/14

20 **SPECIAL**
Hot Dog
Hot Dog Bun
Sauerkraut
Vegetarian Beans
Fruit



Sign up due by
10:00am 10/10

21
Chicken w/Ranch Cream
Sauce
Yellow Rice Pilaf
WG White Wheat Bread
Peas & Carrots
Pineapple Tidbits

Sign up due by
10:00am 10/16

22
Meatball Sub
Cheese
WG White Wheat Italian
Roll
Seasoned Green Beans
Mandarin Oranges

Sign up due by
10:00am 10/17

23 **NEW ITEM**
Chicken Alfredo
Zucchini & Tomatoes
Cinnamon Applesauce
Fruited Yogurt

Sign up due by
10:00am 10/20

24
Roasted Pork Loin w/
Creamy Mushroom Sauce
German Cucumber Salad
Garlic Mashed Potatoes
WG White Wheat Dinner
Roll
Sliced Apple Snack Pack

Sign up due by
10:00am 10/21

27 **NEW ITEM**
Split Pea Soup
Chicken Caesar Salad
WG Cornbread Loaf
Hot Spiced Apples

Sign up due by
10:00am 10/22

28
Classic Meatloaf w/Gravy
Seasoned Green Beans
WG Brown Rice
WG White Wheat Bread
Diced Peaches

Sign up due by
10:00am 10/23

29 **NEW ITEM**
Greek Chicken Grain Bowl
*Pearled Barley, Chicken,
Greek Salad & Feta Cheese*
Apricot Halves

Sign up due by
10:00am 10/24

30
Sliced Corned Beef w/Dill
Mustard Sauce
Mashed Potatoes
Braised Cabbage
Corn & Pea Salad
Tropical Fruit
WG White Wheat Bread

Sign up due by
10:00am 10/27

31 **NEW ITEM**
Mediterranean White
Bean Soup
Turkey & Ham Maccaroni
Salad Plate
Baby Spinach Bed
Grape Tomatoes
WG White Wheat Bread
Pineapple Tidbits

Sign up due by
10:00am 10/28