



October 2016 Menu



10/3	Mon	Rosemary Garlic Chicken <i>Lemon Orzo Soup</i>	Whole Grain Bread, *Coleslaw w/Shredded Cabbage & Brussels Sprouts, **Sweet Potatoes, Apple
10/4	Tues	Beef Stroganoff	Parsley Noodles, Romaine Salad, Green Beans w/Olive Oil, Ginger Sliced/Diced Pear, *Orange Juice
10/5	Wed	Chicken & Broccoli Casserole	Whole Grain Bread, ***Spinach & Cabbage Salad w/Cucumbers, Tomato, & Bell Pepper, Fruited Gelatin w/Mixed Fruit
10/6	Thur	Spaghetti & Meatballs	Pasta w/low sodium Tomato Sauce, Mixed Green Salad, **Carrots, Cauliflower, Zucchini, *Orange or Tangerines or Cantaloupe
10/7	Fri	Baked Fish w/ Vegetables & Lemon Sauce <i>Navy Bean & Vegetable Soup</i>	Whole Grain Bread, *Beet & Onion Salad w/Mandarin Oranges, **Spinach Saute w/Garlic, Fresh Fruit Cup - Assorted Fruit in Season
10/10	Mon	Meatloaf	w/ Low Sodium Sauce, Whole Grain Bread, Romaine Salad, **Mixed Vegetables, *Orange or Tangerines or Cantaloupe
10/11	Tues	Chicken Cacciatore <i>Vegetable Soup</i>	Whole Grain Bread, ***Spinach Salad w/Shredded Cabbage & Mandarin Orange, **Broccoli, Banana
10/12	Wed	Sloppy Joe	Wheat Bun, **Carrot Raisin Salad, Peas & Corn, Chocolate Pudding, *Orange Juice
10/13	Thur	Baked Breaded Fish w/tartar sauce <i>Split Pea Soup</i>	Whole Grain Bread, *Red & Green Coleslaw, **Butternut Squash or Mashed Yam/Sweet Potato, Fresh Peach or Unsweetened Canned
10/14	Fri	Chicken Chili	Brown Rice, Mixed Salad Greens, Oatmeal Cookie, *Orange Juice

* Meets Vitamin C requirement, **Meets Vitamin A requirement for Department of Aging. Lunch meets 1/3 requirement for the Recommended Daily Allowance.

10/17	Mon	Stuffed Manicotti or Shells w/ Meat Sauce <i>Lentil Soup</i>	Mesclun Salad Mix, **Carrot & Zucchini Saute, *Fruited Gelatin w/Pineapple & Mandarin
10/18	Tues	Soft Fish Taco <i>Tomato Soup</i>	w/ Salsa, Flour or Corn Tortilla, ***Shredded Cabbage, Bell Pepper, Shredded Carrots, Pinto Beans, Lemon Pudding
10/19	Wed	Chicken Adobo	Vegetable Brown Rice Pilaf, Beet Salad w/Mandarin Oranges*, Green Bean Medley, Banana
10/20	Thur	Turkey Tarragon Stew	Bulgur Wheat, **Stew Vegetables, Mixed Green Salad w/assorted lettuce, *Fruit Cup w/Pineapple
10/21	Fri	Brisket w/ Caramelized Onions	Whole Grain Bread, Mashed Potatoes, Broccoli**, Apple, Orange Juice*
10/24	Mon	Baked Fish w/Vegetables & Lemon Sauce <i>Vegetable Soup</i>	Whole Grain Bread, ***Spinach Salad w/ Mandarin Orange, Peas & Corn, Butterscotch Pudding
10/25	Tues	Jamaican Jerk Chicken	Whole Grain Bread, Mesclun Salad w/Romaine, **Butternut Squash or Yam, *Orange or Tangerines or Cantaloupe
10/26	Wed	Enchilada Casserole	Assorted Salad Greens with Apple and Celery, Pinto Beans, Vanilla Sliced/Diced Pear, Orange Juice*
10/27	Thur	Chicken Piccata w/Lemon Sauce	Penne Pasta w/Lemon Sauce, Mixed Salad, **Saute Spinach, *Fruited Gelatin w/Pineapple & Mandarin
10/28	Fri	Halloween Menu Oven Fried Chicken	Whole Grain Bread, Mashed Potatoes, Corn and Lima Beans, Garden Salad, Pumpkin Pudding**, *Orange Juice
10/31	Mon	Rotisserie Chicken <i>Bean Soup</i>	Whole Grain Bread, Harvard Beets, Romaine Lettuce Salad w/Shredded Carrots & Cucumber, *Orange or Tangerines or Cantaloupe



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