


Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Ravioli <i>Vegetable Soup</i> **Broccoli Romaine Salad w/Cucumbers *Fruit Cup Pineapple, Orange & Melon (mixed)	3 BBQ Chicken Corn Muffin [=]Black Beans **Carrot Raisin Salad *Fruited Red Gelatin w/Mandarin Oranges	4 Meatloaf (w/LS Mushroom Sauce) Whole Grain Bread, [=] Sage Mashed Potatoes Mesclun Salad Mix Apple or Applesauce [=]*Orange Juice	5 Turkey & Curry Vegetables Bulgur Wheat ***Spinach Salad w/Bell Pepper and Apple Cauliflower & Peas [=]Banana	6 Tuna Salad Cold Plate Mixed Salad Greens w/Leaf Lettuce & Tomatoes <i>Mushroom Soup</i> WG Roll or Bread, *Coleslaw Fresh Pear, Grapes or Plum
9 Oven Fried Chicken Cornbread Green Beans w/Olive Oil **[=]Baked Sweet Potato [=]*Orange or Tangerines or Cantaloupe**	10 Vegetarian Stew w/ Beans and Cheese WG Roll or Bread, Mesclun Salad w/Romaine, Apple & Celery Corn and Peas [=]Banana [=]*Orange Juice	11 Chicken Carnitas [=] <i>Vegetable Soup</i> Flour or Corn Tortilla ***Spinach Salad w/Mandarin Orange [=]Pinto Beans LS [=]Tapioca or Vanilla Pudding	12 Beef Tips w/Mushrooms WG Roll or Bread *Coleslaw [=] Garlic Mashed Potatoes Fresh Pear or Peach or Unsweetened Canned	13 Turkey Bolognese w/Penne Pasta [=] [=] <i>Lentil Soup</i> Caesar Salad w/Romaine, Croutons **Vegetable Blend *Fruit Cup – Pineapple, orange, Mixed melon
16 LS Beef Vegetable Stir Fry w/celery, onions, bell pepper, bamboo shoots, ginger sauce Jasmine Brown Rice Mixed Salad Greens w/Sesame Dressing Ginger Sliced Pear [=]*Orange Juice	17 Turkey Burger w/Lettuce & Tomato WG Bun ***Broccoli Salad w/raisin, onion [=] Herb Roasted Potato Oatmeal Cookie	18 “Stop Senior Scams” Presentation Boxed Lunches Will Be Served (Lunch will begin at 12:30)	19 Chicken Cacciatore Pasta w/Herbs Romaine Salad w/Cucumber Italian Green Beans w/Olive Oil [=]*Orange or Cantaloupe	20 Beef Fajita <i>Corn Chowder Soup</i> Mexican Rice, Tortilla [=]***Mixed Salad w/Spinach, Shredded Cabbage & Brussels Sprouts [=]LS Pinto Beans [=]Banana
23 Baked Breaded Fish <i>Minestrone Soup</i> WG Bread *Coleslaw **Red Potatoes w/Rosemary Apple or Applesauce	24 Chicken Adobo Vegetable Brown Rice Pilaf [=]**Whipped Butternut Squash or Sweet Potato Green Bean w/Mushroom [=]*Orange or Tangerines or Cantaloupe***	25 Stuffed Manicotti or Shells w/Meat Sauce Mesclun Salad Mix Zucchini and Cauliflower *Pineapple & Mandarin Fruit Cup	26 Swedish Meatballs Tarragon Noodles Mixed Green Salad Peas & Corn Chocolate Pudding [=]*Orange Juice	27 Hawaiian Chicken w/Pineapple Brown Rice Pilaf ***Broccoli Salad w/raisin, red onion **Ginger Carrots Fresh Fruit in Season
30 Shepherd's Pie (Turkey w/mushrooms, onions, mashed potatoes, peas & corn) WG Roll or Bread Romaine Salad w/Tomato & Cucumber *[=]Fruit Cup w/Pineapple, Orange, Melon (mixed)	31 Halloween Menu Oven Fried Chicken WG Bread [=]Corn & Lima Beans Garden Salad [=]Pumpkin Pudding** [=]Orange Juice*	 <div>* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging ***Meets Vitamin A & C [=] Potassium-rich Lunch meets 1/3 requirement for the Recommended Daily Allowance.</div>		

