

# AGING & LONG TERM CARE MEALS

## OCTOBER 2023

MON	TUE	WED	THU	FRI
2 HAMBURGER W/ PICKLE, ONIONS, PASTA SALAD & FRESH FRUIT	3 CHICKEN PARMESAN, BUTTERED LINGUINE, MIXED VEGGIES & FRUIT	4 BEEF & VEGGIE NOODLE SOUP W/ CRACKERS, YOGURT & FRESH FRUIT	5 SCALLOPED POTATOES W/ HAM & CARROTS, WHEAT BREAD, AND FRESH FRUIT	6 BIRTHDAY CELEBRATION 
9 CENTER CLOSED FOR INDIGENOUS PEOPLES DAY	10 CHILI & CORNBREAD, PUDDING AND FRESH FRUIT	11 CHICKEN A LA KING OVER RICE, PEAS AND CARROTS WITH FRESH FRUIT	12 SLOPPY JOES, POTATO WEDGES, MIXED VEGGIES, CHEESE STICK & FRESH FRUIT	13 BAKED FISH, TATER TOTS, COLESLAW, RYE BREAD, AND FRESH FRUIT
16 CHICKEN VEGGIE NOODLE SOUP W/ CRACKERS, YOGURT, AND FRESH FRUIT	17 CHEESE RAVIOLI W/ MEAT SAUCE, MIXED VEGGIES, AND FRESH FRUIT	18 PORK LOIN W/ SEASONED RICE, MIXED VEGGIES, WHEAT BREAD & FRESH FRUIT	19 CHEF SALAD, COTTAGE CHEESE, DINNER ROLL & FRESH FRUIT	20  OCTOBER BIRTHDAY DINNER
23 BEEF TIPS OVER NOODLES, PEAS AND CARROTS, DINNER ROLL AND FRESH FRUIT	24 SPANISH RICE W/ HAMBURGER, GREEN BEANS, WHOLE WHEAT BREAD, FRESH FRUIT	25 CREAM OF CHICKEN WILD RICE SOUP W/ CRACKERS, PUDDING, AND CANTALOUPE	26 TACO SALAD W/ LETTUCE, TOMATOES, AND CHEESE, NACHO CHIPS AND FRESH FRUIT	27 BAKED FISH SANDWICH W/ CHEESE, POTATO WEDGES, COLESLAW, JELLO & FRESH FRUIT
30 CHICKEN RICE SOUP W/ CRACKERS, CHEESE STICK & FRESH FRUIT	31 CHILI MAC, DINNER ROLL, CHEESE STICK & FRESH FRUIT		MEAL CENTER PHONE NUMBERS KESHENA SENIOR CENTER (715) 799-3964 NEOPIT SENIOR CENTER (715) 756-2290 SOUTH BRANCH COMMUNITY CENTER (715) 799-6510	