

# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CATERED</b> 3 Chicken w/ ginger scallion sauce, noodles, cabbage, green salad, fruit	<b>Vegetarian CATERED</b> 4 Vegetarian meatballs w/ kofta curry sauce, brown rice w/ lentils, cauliflower w/ red bell peppers, spinach, fruit	<b>CATERED</b> 5 Turkey veggie soup w/ mixed veggies, roasted sweet potatoes, fruit	<b>CATERED</b> 6 Roast pork w/ apple chutney, whipped potatoes, broccoli, fruit	<b>CATERED</b> 7 Garlic rosemary chicken w/ gravy, brown rice pilaf, corn, coleslaw, fruit
<b>Vegetarian CATERED</b> 10 Beef & turkey meatloaf w/ gravy, whipped potatoes, carrots, fruit	<b>CATERED</b> 11 Sweet & sour pork, noodles, spinach & kale, fruit	<b>CATERED</b> 12 Chicken w/ cream sauce, pinto beans, mixed squash, fruit	<b>CATERED</b> 13 Fish Vera Cruz, Spanish rice w/ beans, broccoli & corn, fruit	<b>CATERED</b> 14 Beef & turkey enchilada casserole, green beans, mixed veggies, fruit
<b>CATERED</b> 17 Garbanzo bean stew w/ carrots & spinach, brown rice, mixed veggies, fruit	<b>CATERED</b> 18 Baked chicken w/ creamy Tuscan sauce, mashed sweet potatoes, fruit	<b>CATERED</b> 19 Beef & turkey chili mac, broccoli, wheat roll, green salad, fruit	<b>CATERED</b> 20 BBQ breaded chicken sandwich, wheat bun, mixed veggies, coleslaw, fruit	<b>CATERED</b> 21 Baked fish w/ lemon sauce, brown rice, carrots & green beans, fruit
<b>CATERED</b> 24 Shepherd's pie w/ turkey & beef, whipped potatoes, broccoli & cauliflower, fruit	<b>CATERED</b> 25 Baked breaded fish sandwich, bun, spinach, coleslaw, fruit	<b>CATERED</b> 26 Seasoned chicken, brown rice, pinto beans, green salad, fruit	<b>CATERED</b> 27 Asian pork, garlic noodles, carrots, mixed veggies, fruit	<b>CATERED</b> 28 Chicken w/ zucchini, brown rice, zucchini & corn, mixed veggies, fruit
<b>Vegetarian CATERED</b> 31 Cheese lasagna w/ spinach sauce, mixed veggies, green salad, fruit  Wear your Halloween Costume			<b>NUTRITION PROGRAM</b> - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served at 11:30 a.m. Recommended sign in time: 11 a.m. First come, first served.   = Meal contains more than 1000mg sodium	