

Senior Center Menu October 2020

Lunch served from 11:30 AM - 1:00 PM

Please call your center the day before to make a lunch reservation for the next day.

Meals available for Seniors 60+ and must be a member. Call your local Senior Center for details.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	<p>Suggested Donation: \$3.00 Donations can be made online at https://slco.org/aging-adult-services/donation/</p>		<p>Honey Baked Chicken</p> <p>O'Brian Potatoes Mixed Vegetables Glazed Carrots Raspberry Gelatin</p>	<p>Italian Turkey Pasta Salad (Cold Meal)</p> <p>Mandarin Oranges Creamsicle Pudding Wheat Crackers</p>
		5	6	7
<p>Turkey Pasta Bake</p> <p>Whole Wheat Roll Mixed Vegetables Seasonal Fresh Fruit</p>	<p>Homemade Meatloaf (Birthday Meal)</p> <p>Whipped Potatoes Green Beans Stewed Tomatoes Seasonal Fruit Frosted Birthday Cupcake</p>	<p>Breaded Fish</p> <p>Wild Rice Whole Kernel Corn Seasonal Fresh Fruit Banana Pudding</p>	<p>Chicken Breast w/Poultry Gravy</p> <p>Confetti Rice Green Salad Broccoli & Carrots Lime Gelatin</p>	<p>Mexican Beef Stew</p> <p>Whole Wheat Roll Green Peas Hot Spiced Peaches</p>
12	13	14	15	16
<p>Beef Tips w/Brown Gravy</p> <p>Roasted Red Potatoes Mixed Vegetables Seasonal Fruit</p>	<p>Salisbury Steak</p> <p>Whipped Potatoes w/ Brown Gravy Green Beans Peaches Sugar Cookie</p>	<p>BBQ Pork Patty</p> <p>Macaroni & Cheese Broccoli Seasonal Fruit</p>	<p>Spaghetti & Meatballs</p> <p>Whole Wheat Roll Italian Vegetables Tropical Fruit</p>	<p>BBQ Sloppy Joe</p> <p>Mixed Green Salad Glazed Carrots Apple Cobbler</p>
19	20	21	22	23
<p>Herb Roasted Pork Loin</p> <p>Lyonnise Potatoes Broccoli Applesauce Range Bar</p>	<p>Breaded Fish</p> <p>Wild Rice Spinach Corn</p>	<p>Beef Patty w/Swiss Steak Sauce</p> <p>Scalloped Potatoes Glazed Baby Carrots Pineapple Tidbits</p>	<p>BBQ Pork Sandwich</p> <p>Baked Beans Mixed Green Salad Hot Spiced Pears</p>	<p>Chicken Cacciatore over Macaroni Pasta</p> <p>Broccoli & Carrots Green Beans Chocolate Pudding</p>
26	27	28	29	30
<p>Cheese Omelet</p> <p>Diced Potatoes Red & Green Peppers Hot Spiced Fruit Peanut Butter Cookie</p>	<p>Pork Carnitas Taco</p> <p>Black Beans Fajita Vegetable Blend Ranger Cookie</p>	<p>Italian Chicken Breast</p> <p>Rice Florentine Italian Vegetables Seasonal Fruit Butterscotch Pudding</p>	<p>Homemade Meatloaf</p> <p>Whipped Potatoes w/ Brown Gravy Whole Wheat Roll Mixed Vegetables Seasonal Fresh Fruit</p>	<p>Bratwurst (Special Meal)</p> <p>Hot German Potato Salad Baked Beans Stewed Tomatoes Mandarin Oranges Red Devil Cupcake</p>

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments