



















October 2017
Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2 3 ounces Roasted Pork Loin with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Sliced Carrots White Bread Spice Cake with Icing 	October 3 3/4 cup Baked Ziti with Meatballs (3) with Marinara Sauce with 1 ounce Cheese Topping 1 cup Caesar Salad Italian Bread Cake	October 4 Breaded Chicken Cutlet 1/2 cup Au Gratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges	October 5 Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit 	October 6 3 ounces Baked Salmon with 1 ounce Teriyaki Glaze 1/2 cup Brown Rice 1/2 cup Broccoli White Bread 1/2 cup Pineapple Tidbits 
 October 9	October 10 BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches 	October 11 Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Cauliflower White Bread 1/2 cup Mixed Fruit Salad 	October 12 Chicken Philly Pita with Onions, Peppers, and Cheese 1 cup Creamy Potato Soup with Crackers Pita Bread 1/2 cup Blushed Pears	October 13 Breaded Lemon Pepper Pollock 1/2 cup Wild Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Applesauce 
October 16 4 ounces Porcupine Meatball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples Ice Cream Sundae Bar 	October 17 CENTER CLOSED STAFF TRAINING	October 18 Beef Brascoile with Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots White Bread 1/4 cup Cottage Cheese with 1/2 cup Sliced Peaches	October 19 Tomato and White Wine Braised Chicken Thigh 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit 	October 20 Breaded Fish Sandwich with Cheese 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Hamburger Roll 1/2 cup Sliced Pears 
October 23 1/2 cup Burgundy Beef with Mushrooms Over 1/2 cup Egg Noodles 1/2 cup Broccoli and Carrots Wheat Bread 1/2 cup Mixed Fruit Salad	October 24 1 cup Chicken and White Bean Chili 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato Biscuit Mandarin Oranges 	October 25 Pizza Burger 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Coleslaw Hamburger Roll 1/2 cup Sherbet 	October 26 3 ounces Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Braised Red Cabbage White Bread 1/2 cup Apple Cranberry Crisp	October 27 Baked Crab Cake 1/2 cup Cheesy Shells 1/2 cup Sweet Peas White Bread 1/2 cup Tropical Fruit 
October 30 3 ounces Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato 1/2 cup Sliced Carrots Italian Bread Sugar Cookie 	October 31 1 cup Ghostly Chili 1/2 cup Ant and Finger Salad 4 ounces Hocu Pocus Juice Moldy Biscuit Spooky Pumpkin Potion 	  		

*** All meals are subject to change ***
*** Served Daily: 8 ounces Milk and 1 teaspoon Margarine