



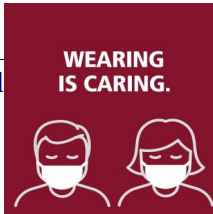




 **October**

— MENU SUBJECT TO CHANGE WITHOUT NOTICE —

LUNCH SERVED MONDAY—FRIDAY  
 11:30AM-12:00PM

SUGGESTED DONATION:  
 \$2.00 FOR AGE 60+

2% MILK SERVED WITH EACH LUNCH

| Sun  | Mon   | Tue   | Wed  | Thu  | Fri   | Sat  |
|--|---|---|--|--|---|--|
|     | Sept 28<br>FISH NUGGETS<br>TATER TOTS<br>MIXED VEGGIES<br>FRUIT                     | Sept 29<br>CHICKEN CAESAR WRAP<br>CELERY STICKS<br>FRESH FRUIT      | Sept 30<br>SESAME BEEF & BROCCOLI, CARROTS<br>LO MEIN NOODLES<br>FRESH FRUIT | 1 SWEET & SOUR MEATBALLS<br>WHITE RICE<br>MIXED VEGGIES<br>FRUIT                 | 2 <b>SENIOR EXPO</b><br>PULLED PORK BBQ<br>BAKED BEANS<br>GREEN BEANS<br>POPCORN & COOKIE | 3     |
| 4  | 5 SHRIMP POPPERS<br>MAC & CHEESE<br>MIXED VEGGIES<br>FRUIT                          | 6 SLOPPY JOE ON BUN<br>CARROT STICKS<br>POTATO CHIPS<br>FRESH FRUIT | 7 CHICKEN STIR FRY<br>WHITE RICE<br>MIXED VEGGIES<br>FRESH FRUIT             | 8 BAKED HAM<br>SWEET POTATOES<br>GREEN BEANS<br>FRUIT                            | 9 CHICKEN FAJITA<br>SPANISH RICE<br>PINTO BEANS<br>PEPPERS, ONIONS<br>FRUIT               | 10   |
| 11  | 1  | 13 KRABBYCAKE<br>CORN<br>PEAS & CARROTS<br>FRUIT                    | 14 SALISBURY STEAK<br>MASHED POTATOES<br>GREEN BEANS<br>FRESH FRUIT          | 15 CHICKEN TENDERS<br>BUTTER NOODLES<br>FRENCH FRIES<br>STEWED TOMATOES<br>FRUIT | 16 REUBEN SANDWICH<br>CHIPS<br>FRESH PEPPER SLICES<br>FRESH FRUIT                         | 17    |
|    | 19 SPAGHETTI & MEATBALLS<br>MIXED VEGGIES<br>FRUIT                                  | 20 CHILI WITH BEEF<br>CORNBREAD<br>CARROT STICKS<br>FRESH FRUIT     | 21 SWEET & SOUR CHICKEN<br>WHITE RICE<br>MIXED VEGGIES<br>FRUIT              | 22 GRILLED CHICKEN SANDWICH<br>COLESLAW<br>LETTUCE, TOMATO<br>FRESH FRUIT        | 23 LEMON PEPPER TILAPIA<br>GARDEN RICE<br>MIXED VEGGIES<br>FRUIT                          | 24   |
| 25   | 26 COD NUGGETS<br>MAC & CHEESE<br>STEWED TOMATOES<br>FRUIT                          | 27 SHEPHERD'S PIE<br>FRESH FRUIT                                    | 28 CHICKEN NOODLE CASSEROLE<br>FRUIT   | 29 TURKEY WRAP WITH CHEESE, SPINACH<br>CARROT STICKS<br>FRESH FRUIT              | 30 GHOULASH<br>BOOBERRY CRISP   | 31  |

Happy  Halloween

