



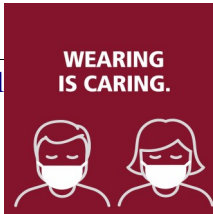



October

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

Happy Halloween

