

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beefburger on Bun (1.5)	Herb Baked Chicken	Baked Potato w/ (1.5)	Chicken Enchilada (1)	Spinach Quiche (1)
Pickles	Baked Squash (1.5)	Turkey Ham	Fiesta Corn (1)	Hashbrown Square (1)
Stewed Tomatoes	Peas (1)	Cheese Sauce	Mexican Rice (1)	Carrot
Broccoli (1)	Mandarin Oranges (1)	Broccoli Normandy	Creamy Fruit Salad (1)	Strawberries (1)
Apple (1)	Dessert (1.5)	Banana (2)	Oatmeal Cookie (1)	Bran Muffin (1)
Plums (1)		Brownie		
9	10	11	12	13
Lemon Fish	Spaghetti w/ Meat Sauce (2.5)	Turkey Ham	Chicken & Noodle Casserole (1.5)	Ham & Bean Soup (.5)
Rice Pilaf (1)	Lettuce Salad	Escalloped Potatoes (2)	Green Beans (.5)	Stewed Tomatoes (.5)
Capri Vegetables	Mixed Berry in Gelatin (1)	Brussels Sprouts	Beets Harvard (1.5)	Tropical Fruit (1)
Fruited Cabbage Salad (2)	Cookie (1)	Apricot Halves (1)	Ambrosia Salad (2)	Yogurt (1.5)
Butterscotch Pudding (.5)		Cranberry Sauce (1)		Corn Bread (1)
16	17	18	19	20
Cook's Choice	Beef & Broccoli	BIRTHDAY DAY	Beef Stroganoff Over	Beef Patty (1)
Vegetable Beef Soup	Rice (1)	Turkey Supreme (2)	Egg Noodles (1)	Mashed Potatoes & Gravy (1)
Corn	Oriental Vegetables	Whipped Potatoes & Gravy (1)	Green Beans	Spinach
Crackers	Fruit Fling Salad (1.5)	Asparagus	Orange (1)	Cinnamon Peaches (1)
Apple	Plums (1)	Applesauce (1)	Fruit Crisp (2)	Rice Krispie Bar (1)
Dessert		Cake (1)		
23	24	25	26	27
Crispy Fish (1)	Liver and Onions (1)	Rigatoni and Meat Sauce (2)	Chicken Tetrazzini (2.5)	Hot Beef Sandwich (1.5)
Parsly Potatoes (1.5)	Duchess Potatoes (1.5)	Garden Vegetables	Broccoli	Potato Salad (1)
Brussels Sprouts	Lima Beans	Pineapple Chunks (1)	Plums (1)	Corn & Kidney Bean Salad (1)
Fruit Cocktail (1)	Applesauce in Gelatin (1.5)	Berry Crisp (2)	Cake w/	Orange (1)
Ice Cream (1)	Peaches (1)	Garlic Bread (1)	Strawberries (1)	Cookie (1)
30	31			
Cook's Choice	HALLOWEEN PARTY 			
Beef Stew	Bubbling Cauldron of Chili (1)			
Peas	Witches' Fingers			
Mixed Fruit	Children of the Corn (Bread) (1)			
Apple (1)	 Boo Berry Salad (1)			
Roll	 Halloween Poke Cake (1)			

*Salt shaker indicates meals that are above 800 mg of sodium.

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days are not carbohydrate count.


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