

OCTOBER MENU

For Meal Reservations please call 663-6528.
Call at least one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Hash Browns Country Trio Vegetable Fruit Salad	2 Salisbury Steak Scalloped Potatoes Broccoli Normandy Pineapple Or Soup/Sandwich Bar	3 Italian Spaghetti Caribbean Blend Veg. Bread Stick Sweet Dark Cherries Chocolate Cake w/Frosting	4 Pepper Steak over Buttered Rice Buttered Peas Chilled Pears
7 Beef Stroganoff Buttered Noodles Salad w/Dressing Mandarin Oranges	8 <i>Bingo Before Lunch</i> Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Chilled Pineapple Cheesecake	9 Beef Stew Buttermilk Biscuit Salad w/Dressing Banana Or Soup/Sandwich Bar	10 Baked Chicken Roasted Potatoes Sliced Carrots Fruit in Gelatin	11 Lemon Pepper Fish Rice Pilaf Key West Blend Veg. Fresh Fruit Cherry Cobbler
14 Pork Roast Baby Baker Potatoes Broccoli w/Cheese Fruit Salad	15 Meatballs Mashed Potatoes/Gravy Key Biscayne Bl. Veg. Pineapple	16 Turkey & Gravy Dressing Buttered Corn Cranberry Sauce Pumpkin Pie Or Soup/Sandwich Bar	17 Octoberfest Knoephla, Kraut, Sausage <i>Homemade*</i> Cheese Buttons Plums Kuchen	18 Ham & Scalloped Potatoes Sliced Carrots Apple Sauce
21 Roast Beef Mashed Potatoes/Gravy Green Beans Sliced Peaches	22 <i>Bingo Before Lunch</i> Country Style Sausage Roasted Potatoes Malibu Blend Veg. Dark Sweet Cherries	23 Taco Salad Garlic Toast White Cake w/Strawberries & Topping Or Soup/Sandwich Bar	24 Creamed Chicken Dumplings Corn Chilled Peaches Pudding w/Topping	25 Chili Crackers Coleslaw Caramel Roll Mandarin Oranges
28 Pork Chop Mashed Potatoes/Gravy Garden Blend Veg. Tropical Fruit	29 Lasagna Garlic Toast Salad w/Dressing Chilled Fruit Cocktail Cookie	30 Crispy Chicken Potato Salad Creamy Coleslaw Biscuit Fresh Fruit Ice Cream Or Soup/Sandwich Bar	31 Meat Loaf Or Liver & Onions Baked Potato/Sour Cream Peas Pears Cake	<i>*Homemade Cheese Buttons will be made at the Mandan Site.</i>

Suggested Contributions
\$3.75/congregate meal
\$3.90/home-delivered meal
EBT/SNAP accepted
The meal price for those under 60 is \$10.00

Older Americans Act federal regulations require individuals age 60 and older to complete an annual registration in order to participate in the Congregate Meal Program, or a semi-annual registrations to participate in the Home Delivered Meals Program. Individuals are notified when their registrations need to be updated.

Menu Items subject to change based on availability.