

Donation: \$1.00

A carton of Low Fat Milk and or Tea and Coffee is included with every meal.

Lunch is served at 1:00 pm at the South Middle School on West Silver Street.
Please call the Senior Center at 562-6435 by 10:30am to reserve your spot.



Monday September 30

**NO MEAL SERVICE
HALF DAY OF SCHOOL**

**Tuesday Oct 1
Salisbury Steak**
w/ Gravy
Roasted Red Potatoes
Broccoli
WG Dinner Roll
Carton of Low Fat Milk
Chilled Pears

**Wednesday Oct 2
Macaroni & Cheese**
California Blend Veggies
WG Garlic Dinner Roll
Sliced Peach Cups
Carton of Low Fat Milk

Thursday Oct 3
Beef Burger (low sodium)
On WW bun
Cheese, Lettuce, Tomatoes, Pickles
Carrots
Chilled Pears
Carton of Low Fat Milk
Dried Plums

Friday Oct 4
Grilled Chicken
Broccoli
WG Dinner roll
Apple Sauce Cup
Carton of Low Fat Milk
Soup Of The Day

**Monday Oct 7
Yankee Pot Roast**
Whipped Potatoes
Green Beans
Blueberry Snack'n Loaf
Chilled Pears
Carton of Low Fat Milk
Dried Cranberries

Tuesday Oct 8
Rosemary Roasted Chicken Quarter
Oven Roasted Potatoes
Corn
WG Dinner Roll
Apple Sauce Cup
Carton of Low Fat Milk

Wednesday Oct 9
Meatballs with
Tomato Sauce Over Spaghetti
Carrots
Fresh Fruit
Blueberry Snack'n Loaf
Carton of Low Fat Milk

Thursday Oct 10
Baked Chicken Drums
Italian Blend Vegetables
WG Dinner Roll
Warm Apple Slices
Carton of Low Fat Milk
Dried Plums

Friday Oct 11
Potato Pollock Fillet
Whipped Potatoes
Steamed Broccoli
Homemade Blueberry Bread
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Monday Oct 14
**NO MEAL SERVICE
COLUMBUS DAY**

Tuesday Oct 15
Pancakes w/ Syrup
Breakfast Sausage
Hash Brown
Apple Sauce Cup
Carton of Low Fat Milk
Dried Cranberries

Wednesday Oct 16
3 Cheese Grilled Cheese Sandwich
Tomato Soup
Oven Baked Fries
Green Beans
Chilled Mixed fruit
Carton of Low Fat Milk

Thursday Oct 17
Beef Burger (low sodium)
On WW bun
Cheese, Lettuce, Tomatoes, Pickles
Carrots
Chilled Pears
Carton of Low Fat Milk
Dried Plums

Friday Oct 18
Roasted Turkey
With Gravy
Rice Pilaf
Steamed Peas
Carton of Low Fat Milk
Snack Loaf

**Monday Oct 21
Yankee Pot Roast**
Whipped Potatoes
Green Beans
Blueberry Snack'n Loaf
Fresh Fruit
Carton of Low Fat Milk
Dried Cranberries

Tuesday Oct 22
Beef Stroganoff
Over Egg Noodles
Italian Blend Vegetables
Apple Sauce Cup
Carton of Low Fat Milk
Slice of WW Bread

Wednesday Oct 23
Roasted Turkey
With Gravy
Whipped Potatoes
Steamed Peas
Carton of Low Fat Milk
Snack Loaf

Thursday Oct 24
Homestyle Chicken Chunks
Whipped Potatoes & Gravy
Corn
WG Dinner Roll
Mixed fruit
Carton of Low Fat Milk
Dried Plums

Friday Oct 25
Fish and Chips
Potato Wedges
WG Dinner Roll
Broccoli
Fresh Fruit
Carton of Low Fat Milk
Soup Of The Day

Monday Oct 28
Roasted Turkey
With Gravy
Whipped Potatoes
Carrots
Carton of Low Fat Milk
Snack Loaf
Dried Cranberries

**Tuesday Oct 29
Chicken Ala King**
Over Brown Rice
California Blend Veggies
Chilled Peaches
Carton of Low Fat Milk

Wednesday Oct 30
Hot Dog (low Sodium)
ON WW bun
Steamed Broccoli
Carton of Low Fat Milk
Fresh Fruit
Homemade Blueberry Crisp

Thursday Oct 31
Beef Burger (low sodium)
On WW bun
Cheese, Lettuce, Tomatoes, Pickles
Baked Potato wedges
Apple Sauce Cup
Carton of Low Fat Milk
Dried Plums



