

HRDC Senior Center's Menu

October-17

Monday	Tuesday	Wednesday	Thursday	Friday
10/2/2017	10/3/2017	10/4/2017	10/5/2017	10/6/2017
Pesto Chicken Pesto Fettucini Spinach Cauliflower Garlic Bread Stick Peaches Milk	Pork Loin Smashed Red Potatoes Butter Beans Sauerkraut Whole Wheat Bread** Pineapple Juice Brownie Milk	Chicken Noodle Soup (Noodles) Breaded Chicken Patty Whole Wheat Bun Carrots Green Peas Cookie Grape Juice / Milk	Lemon Pepper Baked Fish Rice Pilaf Stewed Tomatoes Pickled Beets Whole Wheat Bread 100% Orange Juice Milk Milk	Grilled Cheese (2 oz. Cheese Whole Grain Bread (2)) Tomato Florentine Soup Cottage Cheese Fruit Cocktail 100% LS V-8 Juice Milk
10/9/2017	10/10/2017	10/11/2017	10/12/2017	10/13/2017
Spaghetti w/ Meat Sauce Tossed Salad Italian Mixed Veggies Garlic Bread Stick Apple Juice Milk	Chef's Choice 	BBQ Chicken Sweet Potato Wedges Lima Beans Cauliflower seasonal fruit Whole Wheat Bread** Grape Juice/milk	Parmesan Crusted Fish Mac n Cheese Stewed Tomatoes Whole Wheat Bread Pickled Beets 100% Orange Juice Cookie / Milk	Oven Roasted Turkey Mashed Potatoes w/ Gravy Carrots Green Beans Peas LS V-8 Juice Whole Wheat Bread/Milk
10/16/2017	10/17/2017	10/18/2017	10/19/2017	10/20/2017
Italian Meatballs Penne Pasta w/ Marinara Sauce Italian Mxed Veggies Garden Salad Garlic Bread Stick Apple Juice Milk	Beef Barley Soup Chicken Salad Sandwich on Whole Wheat Bun Coleslaw Peaches Pineapple Juice Lemon Fluff Milk	Philly Cheese Steak Whole Grain Hoagie Roll Seasoned Lettuce with Chunk Tomatoes Baked Chips Grapes 100% Orange Juice Milk	Mexican Chicken Salad Baked Tortilla Chips** Onions, Peppers Tomatoes, Lettuce Pinto Beans Seasonal Fruit Grape Juice Sour Cream/ Milk	OKTOBERFEST Sauerbraten (Beef) Egg Noodles Cabbage Spinach Pumpnickel Bread 100% Orange Juice Gingerbread Cake/Milk
10/23/2017	10/24/2017	10/25/2017	10/26/2017	10/27/2017
Swedish Meatballs over Brown Rice Broccoli Peas & Carrots Whole Wheat Bread Apple Juice Milk	Chicken Patty on Whole Wheat Bun Vegetable Soup French Fries Applesauce Pineapple Juice Milk	Barbecue Pork on WW Bun Italian Pasta Salad Lima Beans Cauliflower Grape Juice Apple/ Milk	Chicken Fricassee Roasted Potatoes Green Beans Whole Wheat Bread** Ambrosia 100% Orange Juice Milk	Pollock Fish Nuggets Seasoned Spuds Baby Carrots Brussel Sprouts Whole Wheat Bread LS V-8 Juice Cookie / Milk
10/30/2017	10/31/2017			
Turkey Burger (Ground turkey/Cheddar cheese) WW Bun Baked Beans Spinach tropical fruit mix Apple Juice Milk	Meatloaf Mashed Potatoes Shaved Brussel Sprouts Carrot Coins Whole Wheat Bread** Pudding Pineapple Juice Milk			Age 60 and Over Suggested Donation \$3.75 Under Age 60 Full Pay \$5.00

*Substitutions may be made according to availability of items

** ADC add slice bread for grain requirement

