



# SENIOR LUNCH MENU

## October 2016



Drink More Water.

Drink water instead of sugary drinks and let thirst be your guide. A healthy body can balance water needs throughout the day. Drink plenty of water if you are active, live or work in hot conditions, or are an older adult

| Sun                                                                                    | Mon                                                                                                                                                                   | Tue                                                                                                      | Wed                                                                                         | Thu                                                                                      | Fri                                                                           | Sat |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----|
|                                                                                        |                                                                                                                                                                       |                                                                                                          |                                                                                             |                                                                                          |                                                                               | 1   |
| 2<br> | 3 Teriyaki Chicken, Brown Rice, Corn O'Brien, Sliced Peaches, Birthday Cake                                                                                           | 4 Salisbury Steak, Mashed Potatoes, Gravy, Cheesy Broccoli & Cauliflower, Fruit Cocktail, Chocolate Chip | 5 Spaghetti Noodles, Italian Meat sauce, Tossed Salad w/dressing, Fruit Trifle              | 6 Breaded Pork Chop w/gravy, Blackeye peas, Green Beans, Mandarin bananas, Pound cake    | 7 Turkey Croquette, Macaroni & Cheese, Calico Coleslaw, Peanut Butter Cookie  | 8   |
| 9                                                                                      | 10 Chopped Steak/gravy, Mashed Potatoes, Peas & Mushrooms, Berry Cup                                                                                                  | 11 Veggie Lasagna, Caesar Salad w/dressing, Fresh Fruit.                                                 | 12 Beefy King Ranch Casserole, Rice Pilaf, Carrot Coins, Rosy Pears                         | 13 Stuffed Peppers, Vegetable Medley, Peach Cobbler                                      | 14 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans, Pineapple Trifle | 15  |
| 16                                                                                     | 17 Encrusted Pork Loin with Aujus, Soft Pinto Beans, Cheesy Broccoli, Fruit /Cake                                                                                     | 18 Chicken Rice Casserole, Corn O'Brien, Fresh Baby carrots, Sliced Peaches                              | 19 Meatloaf, Fresh Mashed Potatoes /gravy, Cheesy Spinach, Fresh Fruit, Rice Crunchie Treat | 20 Beef Tips w/mushrooms, Parslied Noodles, Sweet & Sour Cabbage, Fruit Cobbler          | 21 Dixie Pork Roast, Bread Dressing, Cauliflower & Peas, Fruit Crisp          | 22  |
| 23                                                                                     | 24 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle                                                                                           | 25 BBQ Beef Platter, Baked Beans, Zucchini Casserole, Fruit Cobbler, Cornbread                           | 26 Sliced Turkey w/gravy, Rice Pilaf, Seasoned Greens, Fruit Salad, Peanut Butter Cookie    | 27 Chicken Florentine, Bread Dressing, Cauliflower w/Red peppers, Stewed Apricots/Prunes | 28 Baked Cheddar Fish, Potato Fingers, Greens, Assorted cake w/frosting       | 29  |
| 30                                                                                     | 31 Beef Piccata w/gravy, Sweet potato wedges, Rice Pilaf, Strawberries/Brownie<br> |                                                                                                          |                                                                                             |                                                                                          |                                                                               |     |

All meals are served with a choice of Skim Milk or 2 % and Dinner Roll

