




# SENIOR LUNCH MENU



October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2 Dixie Chicken, Succotash, Spinach, Berry Cup, Birthday cake	3 Italian Pork Chop, Soft Pinto Beans, Cheesy Broccoli, Fresh Fruit	4 Salisbury Steak, Mashed Potatoes, Cauliflower & Peas, Peaches, Peanut Butter Cookie	5 Spinach, Mushroom, Cheese Lasagna, Tossed Salad w/dressing, Fresh Fruit, Chocolate	6 Oriental Pepper Steak, Parsley Rice, Green Beans, Cake w/ frosting.
9 Fiesta Pork Chop, Rice Pilaf, Broccoli Cuts, Pear Delight	10 Stuffed Peppers, Vegetable Medley, Fresh Fruit Salad, Chocolate Chip Cookie	11 Cornflake Chicken, Bake Sweet Potatoes, Fresh Green Beans, Fruit Cobbler	12 Beefy King Ranch Casserole, Tossed Salad w/dressing, Fruit Trifle	13 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Sugar Cookie
16 BBQ Chicken, Macaroni & Cheese, Baked Beans, Hawaiian Cup,	17 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Peaches, Pound Cake	18 Tuna & Cheese Lasagna, Tossed Salad w/dressing, Fruit Mix, Sugar Cookie	19 Pepper Steak w/ gravy, Mashed Potatoes, Mixed Vegetables, Fruit Crisp	20 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans, Pineapple Trifle
23 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Strawberries/ Pound Cake	24 Meatloaf, Mashed Potatoes, gravy, Cheesy Spinach, Rice Crunchy Treat, Fresh Fruit	25 Turkey Divan w/ broccoli, Caesar Salad w/dressing, Fruit Mix, Peanut Butter Cookie	26 Roasted Chicken, Corn Pudding, Mixed Vegetables, Mandarin oranges/gelatin cubes	27 Jefferson Noodles, Italian Meat Sauce, Tossed Salad w/ dressing, Fresh Fruit
30 Herbed Turkey, Yam Patties, Green Beans, Fresh Fruit/Sugar Cookie	31 Chicken Rice Casserole, Carrots, Tossed Salad w/ dressing, Peanut Butter Cookie			

## Healthy Tip of the Month

Banish Brown Bag Boredom.

Whether it's lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

All meals are served with a choice of 2% or Skim Milk and dinner roll.