

October Menu 2021

**Please contact your local Senior Center to reserve your lunch.
A frozen meal may be offered if the meal of the day is no longer available.**

Monday	Tuesday	Wednesday	Thursday	Friday
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 <p>Suggested Donation: \$4.00</p> <p>Donations can be made online at: https://slco.org/aging-adult-services/donation/</p>				<p>Italian Chicken Salad Wheat Crackers Mandarin oranges Creamsicle Pudding</p>
4	5	6	7	8
<p>Turkey Pasta Bake Whole Wheat Roll Mixed Vegetable Blend Mixed Fruit</p>	<p>Salisbury Steak (Birthday Meal) Whipped Potatoes w/Brown Gravy Green Beans Stewed Tomatoes Seasonal Fresh Fruit Pineapple Upside Down Cake</p>	<p>Breaded Fish Florentine Rice Whole Kernel Corn Seasonal Fresh Fruit Banana Pudding</p>	<p>Baked Chicken Breast w/Poultry Gravy Confetti Rice Mixed Green Salad Carrots Chocolate Chip Cookie</p>	<p>Meatball Stew Parslied Rice Whole What Roll Spinach Hot Spiced Peaches</p>
11	12	13	14	15
<p>Chicken a la King Biscuit Mixed Vegetables Sugar Cookie</p>	<p>Beef Soft Taco Spanish Rice Whole Kernel Corn Seasonal Fresh Fruit</p>	<p>Hearty Turkey Stew Whole Wheat Roll Mixed Green Salad Broccoli Hot Spiced Peaches</p>	<p>Spaghetti & Meatballs Whole Wheat Roll Mixed Vegetable Blend Tropical Fruit</p>	<p>Sloppy Joe Whole Kernel Corn Glazed Carrots Lime Gelatin</p>
18	19	20	21	22
<p>Pork Roast w/Herb Sauce Lyonnaise Potatoes Mixed Vegetables Sliced Apples Chocolate Chip Cookie</p>	<p>Breaded Fish Confetti Rice Creamed Corn Club Spinach Lemon Pudding</p>	<p>Beef Patty w/Swiss Steak Sauce Scalloped Potatoes Mixed Vegetables Tropical Fruit</p>	<p>Chicken Sandwich Baked Beans Hot Spiced Pears</p>	<p>Turkey Casserole Mixed Green Salad Green Beans w/Onions Peas & Carrots Chocolate Pudding</p>
25	26	27	28	29
<p>Cheese Omelet Diced Potatoes Fajita Blend Vegetables Hot Spiced Fruit Double Chocolate Chip Cookie</p>	<p>Beef Patty w/Peppers & Gravy Whipped Potatoes Green Peas & Carrots Seasonal Fresh Fruit</p>	<p>Lemon Pepper Chicken Rice Florentine Mixed Vegetables Seasonal Fresh Fruit Gelatin</p>	<p>Pork Carnitas Black Beans Fajita Vegetables Seasonal Fresh Fruit Cinnamon Chocolate Pudding</p>	<p>Bratwurst (Halloween Special) Hot German Potato Salad Baked Beans Stewed Tomatoes Red Devil Cupcake Mandarin Oranges w/Coconut</p>

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments
As of July 2021, the suggested donation is now \$4 to help cover the increasing costs of our meal service.