





October 2016 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Crunchy Baked Fish Parsleyed Potatoes Herbed Green Beans Pineapple Crunch	Egg & Potato Casserole Broccoli Banana Half Fruit Oat Muffin OJ	Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce	Hearty Veg Beef Soup WW Roll with butter Celery Sticks Peaches PNB Cookie	 Turkey Roast Potatoes w/Gravy Peas & Carrots Pumpkin Custard Tomato Juice
10	11	12	13	14
Chicken & Noodle Casserole Green Beans Plums Oatmeal-Raisin Bar OJ	COOK'S CHOICE	Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice	Turkey & Dumplings Asparagus Mixed Fruit OJ	Italian Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top
17	18	19	20	21
Spaghetti Tossed Salad Apricots French Bread	Liver & Onions or Beef Patty Mashed Potatoes Broccoli Oranges and Pineapple	Baked Chicken Baked Potato Peas Cinnamon Raisin Applesauce Tomato Juice	Chili or Beef Barley Corn Bread Tangy Coleslaw Strawberries OJ	Ham Loaf Sweet Potatoes Calico Corn/Corn Mixed Fruit
24	25	26	27	28
Salisbury Ground Beef Mashed Potatoes Mixed Vegetables Peaches OJ	Autumn Chicken Creamed Asparagus Quinoa Plums WW Roll	COOK'S CHOICE	 Tater Tot Casserole California Blend Fruit Salad WW Roll	Crunchy Pollock Spinach au gratin Carrot Cake Mandarin Oranges
31	Each Meal Includes:			
Egg & Potato Casserole Asparagus Fresh Apple Fruit Oat Muffin Tomato Juice	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk  * Condiments as appropriate * Sodium >800mg			 <i>Amy B Jones MS RDN LDN</i>