




October 2018 MENUS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| Crunchy Baked Fish Parsleyed Potatoes Herbed Green Beans Pineapple Crunch | Hot Roast Beef Sandwich Broccoli Banana Half Vanilla Pudding | 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 |
| 8 | 9 | 10 | 11 | 12 |
| Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar O.J. | COOK'S CHOICE | Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice | Turkey & Dumplings Asparagus Banana Raisin Rice Pudding Tomato Juice | Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top |
| 15 | 16 | 17 | 18 | 19 |
| Spaghetti Tossed Salad Apricots French Bread | Liver & Onions or Beef Patty Mashed Potatoes Broccoli Oranges and Pineapple Bread Pudding | Baked Chicken Baked Potato Peas Mixed Fruit Tomato Juice | Chili or Beef Barley Corn Bread Tangy Coleslaw Strawberries OJ | Ham Loaf Sweet Potatoes Calico Corn/Corn Cinnamon Raisin Applesauce |
| 22 | 23 | 24 | 25 | 26 |
| Salisbury Ground Beef Mashed Potatoes Mixed Vegetables Peaches OJ | Autumn Chicken Creamed Asparagus Brown Rice Plums Chocolate Pudding | COOK'S CHOICE |  Tater Tot Casserole California Blend Fruit Salad WW Roll | Crunchy Pollock Baked Potato Spinach au gratin Carrot Cake Mandarin Oranges |
| 29 | 30 | 31 | Each Meal Includes: | |
| Egg & Potato Casserole Asparagus Fresh Apple Fruit Oat Muffin Tomato Juice | Ham & Bean Soup Corn Bread Carrots Strawberries & Bananas OJ | Turkey Roast Sweet Potatoes Green Beans Pumpkin Custard | * 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate * Sodium >800mg  | |
| <i>Amy Barnes MS RDN LDN</i> | | | | |