

Senior Nutrition Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Parmesan Fish Lima Beans w/ Lemon Dill Tossed Salad w/ Tomatoes Hot Blueberry Cobbler Wheat Bread 1% Milk	3 Pork Roast Broccoli Mashed Potatoes Applesauce Wheat Bread 1% Milk	4 Cranberry Glazed Turkey Peas Sweet Potatoes Mandarin Oranges Wheat Bread 1% Milk	5 Stuffed Green Pepper Casserole Cauliflower Carrots Plums Wheat Bread 1% Milk	6 Oven Fried Chicken Green Beans Feather River Potatoes Peaches Wheat Roll 1% Milk	7
8	9 Columbus Day - No HDM or Congregate Meals	10 Fish Almandine Scandinavian Blend Mashed Potatoes Plums Wheat Roll 1% Milk	11 Baked Chicken Red Skin Potatoes Peas & Carrots Peaches Wheat Bread 1% Milk	12 Sweet & Sour Pork Rice Asian Blend Hot Cinnamon Pears Wheat Bread 1% Milk	13 Turkey Cutlet Zucchini Baked Potato Cherry Crisp Wheat Roll 1% Milk	14
15	16 Swedish Meatballs & Egg Noodles Maui Blend Pineapple Wheat Bread 1% Milk	17 <i>Taste of Germany</i> German Chicken German Potato Salad Sweet & Sour Slaw Hot Apple Slices Wheat Roll 1% Milk	18 Bourbon Pork Chop Green Beans Sweet Potatoes Banana Wheat Bread 1% Milk	19 Scrambled Eggs & Turkey Sausage Orange Juice Hashbrown Casserole Peaches Muffin 1% Milk	20 Goulash Peas Tossed Salad Pears Wheat Roll 1% Milk	21
22	23 Potato Crunch Pollock Corn Baby Baker Potatoes Orange Wheat Bread 1% Milk	24 Macaroni & Cheese Peas Stewed Tomatoes Peaches Wheat Bread 1% Milk	25 Tahitian Chicken Rice Key West Vegetables Pineapple Wheat Bread 1% Milk	26 Swiss Steak Carrots Mashed Potatoes Banana Wheat Roll 1% Milk	27 Lasagna Sandwiches with Spaghetti Sauce Green Beans California Blend Apple Garlic Bread 1% Milk	28
29	30 Chicken Tomato Bake Italian Flat Beans Tropical Fruit Salad Wheat Roll 1% Milk	31 Halloweenie on Wheat Bun Witches Caldron Monster Potatoes Pumpkin Pie 1% Milk				