


# October 2010

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 Baked Fish or Chicken Patty Baked Potato/ sr. cr. Spinach Bread Pudding w/ raisins	2
3	4 Chicken Casserole Or Chicken Fried Steak California Mix Vegetables Peaches Pudding	5 Meatloaf or Chicken Patty Parsley Potatoes Carrots Rice Krispy Bar	6 BBQ Chicken / bun or Hamburger/ bun Potato Salad Green Beans Fruit Crisp	7 Spaghetti w/ Meat sauce Or Baked Fish Garlic Bread Lettuce Salad w/ dressing Mandarin Oranges	8 Roast Pork w/ dressing Or Baked Chicken Brst. Mashed Potatoes / gravy Peas Mixed Fruit	9
10	11 Hamburger Steak or Baked Fish Hashbrown Casserole Green Beans Rice Krispy Bar Orange juice	12 Baked Chicken Breast Or Baked Ham Sweet Potatoes Peas Peaches Trail Mix	13 Pork chop Or Chicken Patty Mashed Potatoes / Gravy Carrots Applesauce	14 Roast Turkey Mashed Potatoes/gravy Broccoli 3 Bean Salad Pumpkin Bar	15 Chicken Fried Steak Or Chicken Patty Mashed Potatoes / gravy Spinach Fruit Cocktail	16
17	18 Tator Tot Casserole Or Chicken Patty / Bun Pea Salad Apricots Cookie	19 Cook's Choice	20 Swiss Steak or Baked Fish Baked Potato/Sr. Cream Green Beans Peanut Butter Krispy Bar	21 Baked Chicken Or Hamburger Steak Parsley Buttered Potatoes Gravy Diced Beets Pudding	22 Hot Beef Sandwich Or Baked Chicken Brst. Mashed Potatoes / gravy Broccoli Trail Mix Mandarin Oranges	23
24	25 Pork Fritter / bun Or Hamburger /Bun Tri Tator Sliced Carrots Strawberries & Bananas Gelatin Cubes w/ Topping	26 Parmesan Chicken Brst. Or Pork Cutlet Rice Pilaf Green Beans Marinated Veg. Salad Applesauce	27 Salisbury Steak Or Baked Fish Parsley Buttered Potatoes Peas Citrus Sections	28 Meatloaf Or Baked Chicken Brst. Mashed Potatoes/ Gravy California Mix Vegetables Apple Crisp	29 Halloween Special Event Menu	30

Wheat Bread, Margarine, and a choice of Skim, 1%, or 2% Milk is served everyday.

**Contributions accepted from persons age 60 or over and their spouse of any age. Cost for persons under 60 is \$ 5.50 - \$5.75**

**The suggested contribution range is \$2.75 - \$5.50 for Congregate meals and \$3.25 - \$5.75 range for Home Delivered Meals.**

**We Appreciate Your Contribution for Our Meals ! What You Give Is A Personal Decision.**