




# October Menu 2021

Serving adults 60 years and older

Lunch is a suggested donation of \$3.00

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Nutrition strives to use whole grain bread products</p> 	<p>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 			<p>1 Baked Pork Chop Garlic Mashed Potatoes Roasted Brussel Sprouts Pumpkin Bread Milk</p>
<p>4 Salisbury Steak Red Potatoes Cauliflower and Carrots Fig Cookies Fresh Pear Milk</p>	<p>5 Cheeseburger on a Whole Wheat Bun Burger Veggies Potato Chips Juicy Orange Milk</p>	<p>6 Turkey Marsala Penne Pasta Spinach Salad with Red Bell Pepper, Feta and Toasted Walnuts Crisp Apple Milk</p>	<p>7 Roasted Salmon Couscous Pilaf Broccoli Florets Berry Crisp Milk</p>	<p>8 Orange Chicken Wild Rice Oriental Vegetables Apricots Fortune Cookie Chocolate Milk</p>
<p>11 <i>Fall Inspired</i> Shepherd's Pie with Ground Turkey, Zucchini and Butternut Squash Fresh Pear Whole Wheat Dinner Roll Milk</p>	<p>12 Shrimp Scampi with Fettuccini Roasted Asparagus Pineapple Chunks Milk</p>	<p>13 Meatloaf with Gravy Sweet Potatoes Brussel Sprouts Juicy Grapes Vanilla Wafers Milk</p>	<p>14 Chicken White Bean Chili Cornbread Steamed Carrots Apricots Milk</p>	<p>15 Polish Sausage Steamed Cabbage Red Potatoes Whole Wheat Dinner Roll Apple Compote Milk</p> 
<p>18 Cheese Tortellini with Pesto Steamed Carrots Whole Grain Garlic Breadstick Petite Banana Milk</p>	<p>19 Pulled Pork Roasted Winter Squash Wedge Fries Pineapple Tidbits Whole Grain Hawaiian Roll Milk</p>	<p>20 Swedish Meatballs Egg Noodles Greek Salad Mandarin Oranges Chocolate Milk</p>	<p>21 Crab Cake with Tartar Sauce Wild Rice Pilaf Broccoli Florets Apricots Milk</p>	<p>22 Fried Chicken Baked Beans Coleslaw Fresh Pear Dinner Roll Milk</p>
<p>25 Turkey Piccata Mashed Potatoes Steamed Green Beans Orange Sections Whole Grain Dinner Roll Milk</p>	<p>26 Vegetarian Spinach Wrap with Mixed Greens, Carrots, Bell Peppers, and Pepper Jack Cheese Kettle Chips Crisp Apple Milk</p>	<p>27 Baked Cod with Aioli Sauce Couscous Pilaf California Blend Vegetables Pineapple Milk</p>	<p>28 Juicy Chicken Thighs Baked Sweet Potatoes Steamed Broccoli Florets Grapes Whole Wheat Dinner Roll Chocolate Milk</p>	<p>29 Witches Brew Beef Stew Corn Bread Spooky Gelatin Salad Ghostly White Milk</p>

Service is subject to interruption due to weather or power outages.

Visit our website to view nutrition information for this menu: <https://tinyurl.com/EDCSeniorNutrition>

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