

**Congregate October Meal Menu 2022**

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>3</b></p> <p>Country Style Chicken w/Gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz</p>	<p align="center"><b>4</b></p> <p>Beef Patty w/Gravy Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice</p>	<p align="center"><b>5</b></p> <p>HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct Milk</p> 	<p align="center"><b>6</b></p> <p>Turkey &amp; Cheese Sub-1 ea Leaf Lettuce w/Sliced Tomato Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo &amp; Mustard-1 ea 100% fruit juice</p>	<p align="center"><b>7</b></p> <p>Santa Fe Salad w/Chicken &amp; Beans w/HM Roasted Corn Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salsa Cup Milk 8 oz</p> 
<p align="center"><b>10</b></p> <p align="center"><b>SENIOR CENTER CLOSED COLUMBUS DAY!</b></p>	<p align="center"><b>11</b></p> <p>Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice</p>	<p align="center"><b>12</b></p> <p>Creole Steak In Sauce-1 ea European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz</p>	<p align="center"><b>13</b></p> <p>HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice</p> 	<p align="center"><b>14</b></p> <p>Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz</p>
<p align="center"><b>17</b></p> <p>Chicken Caesar Salad w/Romaine Cucumber Slices w/Dip-4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz</p>	<p align="center"><b>18</b></p> <p>HM Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce Cup-4 oz 100% Fruit Juice</p> 	<p align="center"><b>19</b></p> <p align="center"><b>Chef's Choice</b></p> 	<p align="center"><b>20</b></p> <p>HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread &amp; Margarine- 1 ea Pears-4 oz 100% Fruit Juice HM Birthday Cake</p> 	<p align="center"><b>21</b></p> <p>Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz</p>
<p align="center"><b>24</b></p> <p>HM Bean Soup w/Turkey Ham Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin Margarine Milk 8 oz</p>	<p align="center"><b>25</b></p> <p>Beef Teriyaki w/Rice &amp; Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice</p>	<p align="center"><b>26</b></p> <p>HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz</p>	<p align="center"><b>27</b></p> <p>BBQ Chicken-3 oz Potato Salad-4 oz Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month</p> 	<p align="center"><b>28</b></p> <p>Breaded Turkey Sandwich Ranch Potato Wedges Macaroni Salad Whole Wheat Bun Fresh Apple Milk 8 oz Mayo Pkt.</p>
<p align="center"><b>31</b></p> <p>Chicken Salad Sandwich Croissant Carrot Sticks 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz</p>				

**YOU NEED TO CALL THE CENTER THE DAY BEFORE BY 12:30 PM TO SCHEDULE FOR LUNCH @ 810-658-1566**  
**IT IS CURBSIDE PICK-UP! PULL UP TO THE FRONT DOOR AREA WE WILL BRING LUNCHES OUT TO YOU!**  
**GENESEE RESIDENT - \$ 3.00 PP NON-GENESEE RESIDENT - \$ 6.00 PP**