



NAME: _____

DATE: _____

Congregate October Meal Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 Chicken Salad Sandwich Croissant Carrot Sticks 3 Bean Salad-4 oz Fresh Banana-1 ct Milk	4 Salisbury Steak Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice	5 Turkey & Cheese Sub-1 ea Lettuce, Tomato, Onion Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo & Mustard-1 ea 100% Fruit Juice	6 Santa Fe Salad w/ Chicken w/HM Corn & Black Bean Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salad Dressing Milk 
9 CLOSED Columbus Day!	10 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	11 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	12 HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice	13 Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk
16 Meatloaf w/Gravy-3 oz Mashed Potatoes Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice 	17 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	18 Chef's Choice 	19 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 Birthday Cake 	20 Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk
23 HM Bean Soup w/ Turkey Ham Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin & Margarine-1 ea Milk	24 Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	25 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	26 HM Chicken & Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit Margarine-1 ea 100% Fruit Juice Cookie of the Month 	27 Breaded Turkey Sandwich Ranch Potato Wedges Macaroni Salad Whole Wheat Bun Fresh Apple Milk Mayo Pkt.
30 HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct Milk 	31 Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice			

**YOU NEED TO CALL THE CENTER THE DAY BEFORE BY 12:30 P. M. TO SCHEDULE FOR LUNCH @ 810-658-1566
IT IS CURBSIDE PICK-UP! PULL UP TO THE FRONT DOORS AND WE WILL BRING LUNCHES OUT TO YOU!**