

**Congregate October Menu 2024**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Salad Sandwich-3oz. Italian Pasta Salad-4oz. 3 Bean Salad-4oz. Fresh Banana-1ct. Croissant-1ea. Milk-8oz.	Salisbury Steak-1ea. Redskin Mashed Potato-4oz Cauliflower-4oz. Strawberry Applesauce-4oz Dinner Roll-1ea. Margarine-1ea. 100% Fruit Juice	Turkey & Cheese Sub-1 ea. Lettuce, Tomato, Onion HM Cucumber Salad-4oz. Steak House Potato Salad-4oz. Diced Pears-4oz. WW Bun, Mayo & Mustard-1ea. 100% Fruit Juice	Santa Fe Salad w/Chicken w/HM Corn & Black Bean Salsa Tortilla Strips-1oz. Pasta Salad-4oz. Fruit Cocktail-4oz. Salad Dressing-1ea. Milk-8oz. 
7	8	9	10	11
BBQ Pulled Pork-3oz. Cole Slaw-4oz. Veggies Blend-4oz. Mandarin Orange Cup-1ea. Mini Sub Bun-1ea. Margarine-1ea. Milk-8oz.	Grilled Chicken Breast-1ea. Chuck Wagon Veggie Blend-4oz Chopped Broccoli-4oz. Mixed Fruit-1ea. Potato Roll-1ea. Margarine-1ea. 100% Fruit Juice	<p style="text-align: center;"><b>Chef's Choice</b></p> 	HM Pork Chop w/Apples-1ea. Mashed Sweet Potatoes-4oz. Mixed Greens-4oz. Pears-4oz. Corn Bread & Margarine-1ea. 100% Fruit Juice	Sweet & Sour Meatballs-6ea. Brown Rice-3oz. Green Beans-4oz. Pineapple Tidbits-4oz. Faltbread-1ea. Margarine-1ea. Milk-8oz.
14	15	16	17	18
<p style="text-align: center;"><b>CLOSED</b> COLUMBUS DAY!</p> 	Chicken Caesar Salad w/Romaine & Dressing Pkt. Cucumber Slices w/Dip-4oz. Sugar Snap Peas-4oz. Fruit Cocktail-4oz. Pita Half-1ea. Milk-8oz.	Creole Steak w/Tomatoes in Sauce European Veggies-4oz. Sliced Beets-4oz. Tropical Fruit Salad-4oz. Potato Roll & Margarine-1ea. Milk-8oz.	HM Chicken Parmesan Sandwich Garlic Veggie Blend-4oz. Whole Kernel Corn-4oz. Diced Pears-4oz. WG Bun & Margarine-1ea. Birthday Cake 100% Fruit Juice	Crusted Fish-1ea. Au Gratin Potatoes-4oz. Cole Slaw-4oz. Pineapples-4oz. Potato Roll-1ea. Margarine-1ea. Milk-8oz.
21	22	23	24	25
Bean Soup w/Turkey Ham-8oz. Baby Carrots-4oz. Warm Aples-4oz. Corn Muffin-1ea. Margarine-1ea. Milk-8oz.	Beef Teriyaki w/Rice & Veggies Winter Blend Veggies-4oz. Apricots-4oz. Dinner Roll-1ea. Margarine-1ea. 100% Fruit Juice	HM Sloppy Joes-3oz. Garden Pasta Veggies Blend Cauliflower-4oz. Fresh Apple-1ea. WG Bun-1ea. Margarine-1ea. Milk-8oz.	HM Chicken & Noodles Mixed Veggies-4oz. Diced Pears-4oz. Biscuit & Margarine-1ea. Cookie of the Month-1ea. 100% Fruit Juice	Breaded Turkey Sandwich-1ea. Ranch Potato Wedges-4oz. Macaroni Salad-4oz. Fresh Orange-1ea. Whole Wheat Bun-1ea. Mayo Pkt.-1ea. Milk-8oz.
28	29	30	31	
HM Beef Goulash-8oz. Carrots-4oz. Spinach-4oz. Peach Cup-4oz. Corn Brean-1ea. Margarine-1ea. Milk-8oz. 	Oven Fried Chicken Southern Green Beans-4oz. Potato Salad-4oz. Pineapple Tidbits-4oz. Hawaiian Roll-1ea. 100% Fruit Juice	Boneless BBQ Riblet Veggie Blend-4oz. Cole Slaw-4oz. Diced Peaches-4oz. Sliced Sub Bun-1ea. Milk-8oz.	Country Style Chicken w/Gravy Steamed Broccoli-4oz. Roasted Veggie-4oz. Honey Dew Fruit-4oz. Wheat Roll-1ea. Margarine-1ea. Milk-8oz.	 

**You need to call the senior center the day before by 12:30 pm to schedule for lunch @ 810-658-1566**