

OCTOBER



REAL
SERVICES
Come to the table!

Suggested Donation \$4.50

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All donations directly support this program. Please donate what you can comfortably afford. Thank you!	Your donation counts. Every donation makes a difference. We serve over 160,000 meals each year to seniors!		1 Sloppy Joe on Bun Baked Beans Mixed Vegetables Fruit Cup	2 Tuna Casserole Peas Dinner Roll/Marg. Pudding Cup	3 
4	5 Turkey Manhattan Over bread Mashed Potatoes/Gravy Green Beans Strawberry Applesauce	6 Beef Stew Rice Broccoli Bread/Marg. Pineapple Cup	7 Glazed Chicken Red Skin Potatoes Asparagus Bread/Marg. Nutty Buddy	8 BBQ Riblette/Bun Cheesy Potatoes Carrots Peach Cup	9 Baked Potato w/Taco Meat & Cheese Cauliflower Dinner Roll/Marg. Pear Cup	10
11 	12 Ziti w/Italian Sausage Italian Blend Veg. Texas Toast Warm Spiced Peaches	13 Marinated Chicken Diced Sweet Potatoes Broccoli Dinner Roll/Marg. Pineapple Cup	14 Polish Sausage/Bun Mashed Potatoes Sauerkraut Warm Spiced Apples	15 Stuffed Pepper Soup Cauliflower Dinner Roll/Marg. Peaches	16 Cntry. Fried Steak/Gravy Mashed Potatoes Green Beans Bread/Marg. Jello Cup	17 
18	19 Chicken, Broc, Cheese Casserole Carrots Dinner Roll/Marg. Oreos	20 Hamburger on Bun Red Skin Potatoes Stewed Tomatoes Jello w/Fruit	21 Pork Fritter on Bun Mayo Creamed Corn Green Beans Cin. Applesauce	22 Chicken Un-kabob w/ Pepper, Onion, Tomato Rice Dinner Roll/Marg. Pudding Cup	23 Chili w/Beans Baby Bakers Broccoli Crackers Mandarin Orange Cup	24
25 	26 Spaghetti/Meat Sauce Italian Vegetables Texas Toast Tropical Fruit Cup	27 Maple Mustard Pork Sweet Potatoes Brussel's Sprouts Bread/Marg. Mixed Fruit Cup	28 BBQ Chicken Breast Macaroni & Cheese California Vegetables Dinner Rolls/Marg. Strawb. Applesauce	29 Ham & Beans Carrots Cornbread/Marg. Fruit Cup	30 Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg. Pudding Oranges	31 

Menu subject to change without notice. All meals are served with milk. Wasted meals are costly, please call to cancel. Food prepared for this establishment may contain or come into contact with milk, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish. Please inform your site director of any food allergies.