

Mon

Tue

Wed

Thu

Fri

<b>3</b> Salisbury Steak Mashed Potatoes w/Gravy Brussel Sprouts Diced Peaches	<b>4</b> Lasagna Italian Blend Vegetables Garlic Bread Fresh Grapes	<b>5</b> Chop Suey Oriental Vegetables Oriental Coleslaw Fruited Jell-O	<b>6</b> Beef/Bean Enchiladas w/Lettuce/Tomato/Olives Spanish Rice Fruit Cup	<b>7</b> Chicken Penne Casserole Monte Carlo Vegetables Lettuce Salad Fruit
<b>10</b> Turkey Ala King Mashed Potatoes Carrots Tropical Fruit	<b>11</b> Baked Chicken Red Potatoes Country Trio Vegetables Fruit	<b>12</b> Meatloaf Baked Potato Peas & Carrots Fruit Whip	<b>13</b> Pork Cutlet Au Gratin Potatoes California Blend Vegetables Diced Pears	<b>14</b> Polish Sausage w/ Sauerkraut Boiled Potatoes Mandarin/Banana Cup
<b>17</b> Breaded Chicken Breast Mashed Potatoes w/Gravy Baby Carrots Pineapple Tidbits	<b>18</b> Chef Salad Muffin Watermelon	<b>19</b> Chicken Alfredo Broccoli Garden Salad Fresh Fruit	<b>20</b> Turkey Slice Sweet Potato Green Beans Pumpkin Fluff	<b>21</b> Beef Stroganoff Peas Diced Beets Fruit
<b>24</b> Hamburger w/Bun Sweet Potatoes Fries Green Beans Fruited Pudding	<b>25</b> Vegetable Cream Soup Egg Salad Sandwich Copper Penny Salad Peanut Butter Cookie; Fruit	<b>26</b> Porcupine Meatballs Mashed Potatoes w/Gravy Key Largo Vegetables Grape Salad	<b>27</b> Beef Stew Coleslaw Biscuit Fresh Fruit	<b>28</b> Turkey Cranberry Wrap Cucumber Salad Fresh Fruit
<b>31</b> Beef Fritter w/White Sauce Sour Cream Chive Potatoes Peas Fruit Cup			This menu is for all our senior centers. Call your senior center with ques- tions/comments.	<i>Subject to change</i>

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**1**  
Pizza Burger w/Bun  
Potato Wedges  
Baked Beans  
Fresh Apple

**2**  
Pasty  
Stewed Tomatoes  
Fruit Crisp

**3**  
Beef Steak  
Mashed Potatoes w/Gravy  
Green Beans  
Fruited Pudding

**4**  
Swedish Meatballs  
Mashed Potatoes w/Gravy  
Corn  
Fresh Orange



**8**  
Tasty Hamburger Casserole  
Buttered Peas  
Escaloped Apples

**9**  
Ham Slice  
Au Gratin Potatoes  
Baby Carrots  
Ambrosia

**10**  
Bratwurst w/Bun  
Potato Salad  
Baked Beans  
Fruit Cup

**11**  
Egg & Cheese Omelet  
Hash Browns  
Fresh Fruit  
Muffin  
Juice

**14**  
Pepper Steak over Rice  
Oriental Vegetables  
Oriental Beets  
Mandarin Oranges

**15**  
Chicken Parmesan o/Pasta  
Italian Vegetables  
Garlic Bread  
Cherry Applesauce

**16**  
Turkey Broccoli Casserole  
Sliced Carrots  
Fruit Cocktail

**17**  
Goulash  
Buttered Corn  
Garlic Bread  
Cranberry Jell-O

**18**  
Baked Fish  
Oven Potatoes  
Calico Beans  
Grape Dessert

**21**  
Water Taco Casserole  
Mexi Corn  
Apple Crisp

**22**  
BBQ Hamballs  
Smashed Red Potatoes  
Country Blend Vegetables  
Pineapple Tidbits

**23**  
Mushroom & Swiss Chicken  
Breast  
Sour Cream/Chive Potatoes  
Broccoli; Fresh Fruit

**24**  
Pork Chop  
Boiled Potatoes  
French Cut Green Beans  
Applesauce

**25**  
CA Medley Soup  
Turkey Sandwich  
Creamy Coleslaw  
Sliced Pears

**28**  
Cheeseburger w/Bun  
Sweet Potato Wedges  
Three Bean Salad  
Tropical Fruit

**29**  
BBQ Pork Loin  
Baked Potato w/Sr Cream  
Peas & Carrots  
Fruit Salad

**30**  
Bourbon Chicken Breast  
Twice Baked Potato  
Fall Squash  
Pineapple Upside Down

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