

# October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) <b>RSVP by 9/26</b> Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	2) <b>RSVP by 9/27</b> Roasted Pork Loin Sweet Onion Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Fruit Punch Chocolate Milk	3) <b>RSVP by 9/26</b> All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	4) <b>RSVP by 10/1</b> Chicken Breast Coq Au Vin Rice Pilaf Mixed Vegetables Sliced Apples Wheat Bread Grape Juice
7) <b>RSVP by 10/2</b> Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	8) <b>RSVP by 10/3</b> Roasted Turkey & Gravy Mashed Potatoes Dilled Carrots Fruit Cup Wheat Bread Apple Juice Chocolate Milk	9) <b>RSVP by 10/2</b> Ham & Cheese Sub M,O,T,L Potato Salad Cole Slaw Fruit Cocktail  <b>SUB DAY</b>	10) <b>RSVP by 10/7</b> Maple Peach Ham Au Gratin Potatoes Braised Cabbage Pineapple Tidbits Wheat Bread Fruit Punch Chocolate Milk	11) <b>RSVP by 10/4</b> Cheese or Pepperoni Pizza Caesar Salad Apricots Juice
14) 	15) <b>RSVP by 10/9</b> Pot Roast Burgundy Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Grape Juice	16) <b>RSVP by 10/10</b> Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk	17) <b>RSVP by 10/10</b> Bratwurst Peppers & Onions Potatoes Red Cabbage Waldorf Salad Dessert  <b>Oktoberfest</b>	18) <b>RSVP by 10/15</b> Tuna Salad On Wheat Bread L,T Multi Tomato Bean Soup Copper Pennies Cinnamon Apples Yogurt
21) <b>RSVP by 10/16</b> Creamy Ranch Chicken Rice Pilaf Peas & Carrots Moroccan Beet Salad	22) <b>RSVP by 10/17</b> Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit Juice	23) <b>RSVP by 10/16</b> Cheese Manicotti Dilled Carrots Garlic Bread Rolls Cinnamon Apples Crisp Grape Juice	24) <b>RSVP by 10/21</b> Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Chocolate Milk	25) <b>RSVP By 10/22</b> Pork Loin & Gravy Cucumber Salad Kale Mashed Potatoes Sliced Apples Wheat Bread Chocolate Milk
28) <b>RSVP by 10/23</b> Chicken Fajitas Mexican Rice Diced Peaches Pineapple Juice	29) <b>RSVP by 10/24</b> Sliced Corn Beef Mashed Potatoes Red Cabbage Corn & Pea Salad Tropical Fruit Wheat Bread	30) <b>RSVP by 10/24</b> Pasta & Meat Sauce Greek Salad Wheat Bread Grape Juice	31) <b>RSVP by 10/24</b> Beef Steak Red Wine Demi Glaze Mashed Potatoes Corn & Sweet Pepper Medley Dinner Roll Apple Juice Cake  <b>HALLOWEEN HOP</b>	

- ◆ **Cost of lunch for Center members 60+ years is a donation up to \$6.31 (full cost of meal).**
- ◆ **Per grant requirements, individuals age 50-59 years must pay the full price.**
- ◆ **Spouses of members 60+ years, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.31.**