

SENIOR CAFÉ HOT MENU/OCTOBER 2019

For reservations, please call 422-1423 before 4pm the day before. For Mondays call on Fridays.

	TUES. 10/01/19	WED. 10/02/19	THURS. 10/03/19	FRI. 10/04/19
	Brisket of beef Gravy Noodle Kugel Carrot Tzimmes Milk, dinner roll Apple pie, fresh or canned fruit	Crispy baked fish Buttered grits Kale & Onions Milk Whole wheat bread Pineapple chunks	Meatloaf Gravy Sweet potatoes Peas, milk, Dinner roll, Seasonal fresh fruit	Oktoberfest Sauerbraten, Red Cabbage, Potato Pancakes, Milk Seedless rye bread German Coffee cake Fresh or canned fruit
MON. 10/07/19	TUES. 10/08/19	WED. 10/09/19	THURS. 10/10/19	FRI. 10/11/19
Italian Chicken Sausage Baked Beans, Carrots Milk Italian Bread Sliced Pears	Spinach Quiche Stewed tomatoes Brown rice Milk, Italian bread Choc. Chip cookies Fresh/Canned fruit	Crispy Baked Chicken, Gravy, Corn Niblets, Green Beans / Milk Whole Wheat Bread Sugar Cookies Fresh/Canned Fruit	Baked Ziti with Ground Beef Tossed Salad, Zucchini Milk, Italian Bread Mandarin Oranges	Veg. & Cheese Frittata, Home Fried Potatoes, Brussel Sprouts, Milk, Multigrain Bread, Seasonal fresh fruit Split Pea Soup
MON. 10/14/19	TUES. 10/15/19	WED. 10/16/19	THURS. 10/17/19	FRI. 10/18/19
COLUMBUS DAY CENTER CLOSED	Roast Turkey, Gravy Sweet Potato Peas and Onions Milk/ Dinner Roll Seasonal Fresh Fruit	Salmon Burger Caribbean Peach Sauce, Lentil Pilaf, Tossed Salad Milk, Pumpnickel Bread Apricot Halves	Yankee Pot Roast, Gravy / Succotash, Creamed Spinach Milk, Whole Wheat Bread Vanilla Pudding, Fresh or Canned Fruit	Bkd Chicken Pesto Roasted Potatoes Lemon Parmesan Green Beans Milk / Italian Bread Strawberries & Sliced Bananas
MON. 10/21/19	TUES. 10/22/19	WED. 10/23/19	THURS. 10/24/19	FRI. 10/25/19
Macaroni & Cheese Stewed Tomatoes Zucchini, Milk Multigrain Bread Mandarin Orange Segments	Meatloaf, Gravy Mashed Potatoes, Peas and Carrots Milk Dinner Roll Seasonal Fresh Fruit	Baked Flounder Oreganata, Lentil Pilaf, Sonoma Blend Veg. Milk, Whole wheat bread Pineapple Chunks	Cured Baked Ham Raisin Sauce Buttered Red Skin Potatoes, Green Beans/Milk, Whole Grain Bread, Sliced Pears/ L.S. Cream of Mushroom Soup	Herb Roasted Chicken, Gravy Sweet Potato Collard Greens Milk, Cornbread Cake Seasonal Fresh Fruit
MON. 10/28/19	TUES. 10/29/19	WED. 10/30/19	THURS. 10/31/19	FRI. 11/01/19
Sole Florentine Lemon Butter Sauce Parslied Coucous, Honey Glazed Carrots, Milk Multigrain Bread Pineapple Chunks	Roast Beef, Gravy Mashed Potatoes Green Beans, Milk Sandwich Roll Seasonal Fresh Fruit	Roast Chicken BBQ Sauce, Coleslaw Baked Beans Milk Cornbread Tropical Fruit Cocktail	Halloween Hungarian Veal "Ghoulash", Brown Rice with Peas, Glazed Carrots, Milk Whole Wheat Bread Carrot Cake/Fresh or Canned Fruit	Cheese Lasagna, Tomato Sauce Broccoli Florets, Tossed Salad w/Chickpeas, Milk Italian Bread Pitted Plums