

SENIOR CAFÉ COLD 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
	Turkey sandwich Carrot & pineapple salad, Orange juice, Milk Pumpnickel bread Seasonal fresh fruit Mayonnaise	Salmon salad sandwich Pesto pasta salad Apple juice Milk Potato bread Apricot halves	Chicken salad sandwich Beet salad L.S. V-8 juice Milk Multigrain bread Seasonal fresh fruit Mayonnaise	Oktoberfest Luncheon Only hot lunch will be served. See Hot Menu.
MON. 10/07/19	TUES. 10/08/19	WED. 10/09/19	THURS. 10/10/19	FRI. 10/11/19
Tuna Salad Sandwich Three Bean Salad, Orange Juice, Milk Potato bread Paradise Fruit Blend	Egg Salad Sandwich Beet Salad L.S. V-8 Juice Milk, Seedless Rye Sliced Fresh Melon	Swiss Cheese Sandwich with Lettuce & Tomatoes Carrot Raisin Salad Pineapple Juice Milk, Whole Grain Sliced Pears	Roast Turkey Sandwich, Potato Salad, Grape Juice, Milk Whole Wheat Bread Apricot Halves	Chicken Salad Sandwich Lentil Quinoa Salad, Apple juice, Milk, Pumpnickel Seasonal Fresh Fruit
MON. 10/14/19	TUES. 10/15/19	WED. 10/16/19	THURS. 10/17/19	FRI. 10/18/19
COLUMBUS DAY CENTER CLOSED	Mozzarella Cheese/Sliced Tomato Sandwich Marinated Mixed Veg. Salad /Orange Juice/ Milk/Italian Bread, SugarCookies Fresh/canned Fruit	Chicken Salad Sandwich Carrot Raisin Salad Grape Juice Milk Seedless Rye Bread Seasonal Fresh Fruit	Seafood Salad Sandwich Macaroni Salad LS V-8 juice Milk Potato bread Apricot Halves	L.S. Ham Sandwich Coleslaw Orange juice Milk Whole Wheat Bread Pineapple Chunks
MON. 10/21/19	TUES. 10/22/19	WED. 10/23/19	THURS. 10/24/19	FRI. 10/25/19
Shrimp Salad Sandwich Marinated Mixed Veg. Salad Grape Juice/ Milk Potato Bread Paradise Fruit Blend	Cottage Cheese Sliced Peaches, Orange Juice Milk Raisin Bread Graham Crackers	Roast Beef Sandwich Carrot Raisin Salad Apple Juice Milk Multigrain bread Pitted Prunes	Chicken Salad Sandwich Red Skin Potato Salad Grape Juice Milk Whole Wheat Bread Apricot Halves	Egg Salad Sandwich, Beet Salad, L.S. V-8-Juice, Milk Seedless Rye brd Butterscotch Pudding/ Fresh or Canned Fruit
MON. 10/28/19	TUES. 10/29/19	WED. 10/30/19	THURS. 10/31/19	FRI. 11/01/19
Chicken Salad Sandwich Red Potato Salad Orange Juice Milk 12 Grain Bread Mango Chunks	Roast Turkey Sandwich Marinated Rice Salad/ Grape Juice Milk / Whole Wheat Bread / Chocolate Chip Cookies/ Fresh or Canned Fruit	Roast Beef Sandwich Pesto Pasta Salad Pineapple Juice Milk Seedless Rye Bread Apricot Halves	Curried Egg Salad Sandwich Green Bean Salad Apple Juice Milk Pumpnickel Bread Seasonal Fresh Fruit	Salmon Salad Sandwich Carrot Raisin Salad Orange Juice Milk Potato Bread Sliced Peaches