



# OCTOBER 2024



	TUESDAY 1*	WEDNESDAY 2	THURSDAY 3*	FRIDAY 4
<b>Senior Meals Suggested Donation</b> Lunch \$2.00 Under 60 years \$6.00 Service from 11:30am Until 12:30pm	<b>GC Chicken Soft Taco</b> Pinto Beans Seasoned Corn Shredded Lettuce and Tomato Fresh Apple	Beef Hot Dog/Bun Tater Tots Steamed Peas & Carrots Tossed Garden Salad w/Dressing Chilled Apricot Halves	<b>Swedish Meatballs over Rice</b> Steamed Brussel Sprouts Spinach Salad w/Dressing WW Roll w/Margarine Honey Dew Melon Wedge	<b>Bkd Italian Pork Chop w/Gravy</b> Roasted Red Potatoes Cauliflower & Red Peppers Caesar Salad w/Dressing Fresh Pear
MONDAY 7	TUESDAY 8*	WEDNESDAY 9*	THURSDAY 10*	FRIDAY 11
<b>Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes w/Gravy Cook's Choice Vegetable Tossed Salad w/Dressing WW Roll w/Margarine Tropical Fruit Salad	<b>Carne Adovada Burrito w/Red Chile</b> Refried Beans California Vegetables Shredded lettuce & Diced Tomato Fresh Cantaloupe	<b>Huli Huli Chicken</b> Brown Rice Pilaf Steamed Mixed Vegetables Tossed Garden Salad /Dressing Hawaiian Roll w/Margarine Pineapple Tidbits	<b>Southwest Tater Tot Casserole</b> Steamed Peas and Carrots Spinach Garden Salad/w Dressing WW Roll w/Margarine Chilled Applesauce	<b>Ham &amp; Swiss Hoagie Sandwich</b> Lettuce /Tomato/Red Onion Carrot & Raisin Salad Celery Sticks Fresh Banana
MONDAY 14	TUESDAY 15*	WEDNESDAY 16*	THURSDAY 17*	FRIDAY 18
<b>Bi-Annual Training</b> For Senior Program Staff All Centers Closed	<b>Beef Soft Taco w/Salsa</b> Spanish Rice Green Beans Shredded lettuce & Diced Tomato Diced Peaches	<b>Pork Tamale w/Red Chile</b> Pinto Beans Capri Vegetables Shredded Lettuce/Diced Tomato Red or Green Grapes	<b>Meatloaf w/ Gravy</b> Mashed Potatoes w/Gravy Country Blend Vegetables Garden Salad w/Dressing WW Roll w/Margarine Orange	<b>Egg Salad Sandwich</b> Lettuce Leaf & Tomato Slice Three Bean Salad Carrot Sticks w Ranch Dressing Diced Pears
MONDAY 21*	TUESDAY 22*	WEDNESDAY 23*	THURSDAY 24	FRIDAY 25
<b>Country Fried Steak Sandwich</b> Roasted Garlic Red Potatoes Steamed Broccoli Lettuce/Tomato Slice/Red Onion Chilled Fruit Cocktail	<b>Green Chile Chicken Stew</b> Pinto Beans Garden Salad w/Dressing Flour Tortilla Fresh Orange	<b>Bkd Penne Pasta w/Meaty</b> Marinara Italian Vegetables WW Dinner Roll w/Margarine Baked Cinnamon Apples	<b>Chef's Salad w Turkey, Ham,</b> Tomato, Cheese & Egg Croutons Club Crackers Fresh Pear	<b>GC CheeseBurger</b> Baked Potato Wedges Coleslaw w/Raisins Leaf Lettuce/Tomato/Red Onion & Dill Pickle Slices Sliced Watermelon Wedge
MONDAY 28*	TUESDAY 29*	WEDNESDAY 30*	THURSDAY 31*	
<b>Teriyaki Chicken</b> Steamed Brown Rice Oriental Vegetables Asian Slaw Chilled Pineapple Chunks	<b>GC Frito Pie w/Beans</b> Chuckwagon Corn Flour Tortilla Shredded Lettuce, Diced Tomato Fresh Apple	<b>Chicken Pot Pie w/</b> Mixed Vegetables & Potatoes Steamed Green Beans Spinach Garden Salad w/Dressing Chilled Mixed Fruit	<b>Beef Goulash w/Macaroni</b> Steamed Brussel Sprouts Mixed Green Salad w/Dressing Garlic Breadsticks Pumpkin Spice Cookies Fresh Banana	2% Milk Served w/Each Meal Can Fruit in Light Syrup WW=Whole Wheat GC=Green Chili RC=Red Chili Menu Subject to Change

Final Menu