

# Meal Site Menu

# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Margarine & Milk	3 Hot Dog w/Chili, Ranch Beans, Carrot Raisin Salad, Hot Dog Bun, Peach Crisp, & Milk	4 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	5 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , & Milk	6 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch , Cabbage & Carrots. Whole Wheat Bread, Banana, Margarine & Milk
9 Sliced Ham, Low Fat Yogurt, Grits, Spiced Peaches, Orange-Tangerine Juice, Biscuit, Jelly, Margarine, & Milk	10 Chicken Noodle Soup, Grape Juice, Winter Blend Vegetables, Captain's Wafers, Mixed Berry Crisp, & Milk	11 Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fruit, Whole Wheat Bread, LD Fudge Round, & Milk	12 Swiss Style Beef Patty, Steamed Rice, Fruit Punch, Okra & Tomatoes, White Dinner Roll, Strawberry Crunch Bar, & Milk	13 Chicken w/Paprika Cream Sauce, Mashed Potatoes, Steamed Spinach, Whole Wheat Roll, Fresh Apple, Margarine, & Milk
16 Sliced Roasted Turkey, American Cheese, Potato Chowder, Broccoli Cuts, Whole Wheat Bread, Apple Crisp, & Milk	17 Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Orange-Tangerine Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickle Slices, & Milk	18 Beef Macaroni w/Tomato, Fresh Orange, Capri Blend Vegetables, Whole Wheat Bread, Apple Juice, Margarine, & Milk	19 Rotisserie Style Chicken, Seasoned Turnip Greens, Smothered Potatoes, Rye Bread, Cranberry Cake, & Milk	20 Hamburger, American Cheese, Chuckwagon Corn, Lettuce & Tomato, Hamburger Bun, Peach Cobbler, Ketchup, & Milk
23 Chicken Hearty Stew, Black-eyed Peas, Escalloped Apples, Whole Wheat Bread, Grape Juice, & Milk	24 Pepper & Onion Beef Patty, Mashed Potatoes, Green Peas, White Bread, Fresh Orange, Margarine, & Milk	25 Baked Chicken (Bone-in), Wild Rice Blend, Brussels Sprouts, Fruit Punch , White Dinner Roll, Mandarin Orange Ambrosia, & Milk	26 Peanut Butter & Jelly, Beef Vegetable Soup, Broccoli Cuts, White Bread Apple Crisp, & Milk	27 Sliced Ham, Black-eyed Peas, Seasoned Collard Greens, Orange-Tangerine Juice, Cornbread, Margarine & Milk
30 Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Margarine & Milk	31 Hot Dog w/Chili, Ranch Beans, Carrot Raisin Salad, Hot Dog Bun, Peach Crisp, & Milk		<b>Do you or loved ones have Medicare? Shiip can help if you questions. 1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</b>