

OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day.	Cheese Ravioli w/ Pesto Cream Sauce 12ea Mixed Vegetables 1/2 c Cauliflower 1/2 c Whole Grain Dinner Roll 1 ea Applesauce 1/2 c Milk 8 oz Margarine 1 ea	BBQ Pork 3 oz Scalloped Potatoes 1/2 c Mixed Greens 1/2 c Whole Wheat Bread 2 slc Fudge Brownie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 ea	Greek Chicken Thigh 1 ea Lemon Orzo 1/2 c Green Beans 1/2 c Whole Wheat Bread 1 slc Seasonal Fruit 1 ea Milk 8 oz Margarine 1 ea	Meatloaf w/Gravy 1 ea Whipped Potatoes 1/2 c Corn Chowder 6 oz Whole Grain Dinner Roll 2 ea Diced Pears 1/2 c Milk 8 oz Margarine 1 ea Saltine Crackers 1 pkt
7	8	9	10	11
Cranberry Dijon Chicken 1 ea Brown Rice 1/2 c Brussels Sprouts 1/2 c Whole Wheat Bread 1 slc Chocolate Chip Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 pkt	Cheese Baked Ziti 1 c Green Peas 1/2 c California Vegetables 1/2 c Wheat Roll 1 ea Applesauce 1/2 c Milk 8 oz Margarine 1 pkt	Beef Tips w/Gravy 3 oz Whipped Potatoes 1/2 c Cabbage 1/2 c Whole Wheat Bread 2 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 pkt	Cream of Broccoli Soup 6 oz Dijon Herb Pork 3 oz Mashed Spiced Yams 1/2 c Wheat Dinner Roll 2 ea Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 pkt Saltine Crackers 1 pkt	3-Bean Vegetable Chili 1 c Confetti Brown Rice 1/2 c Carrots 1/2 c Whole Wheat Bread 1 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 pkt
14	15	16	17	18
Cheese Ravioli Alfredo 12 ea Green Peas 1/2 c Carrots 1/2 c Whole Wheat Bread 1 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 pkt	Salisbury Beef w/Gravy 1 ea Scalloped Potatoes 1/2 c Cabbage 1/2 c Wheat Dinner Roll 2 ea Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 pkt	BBQ Pork Rib Patty 1 ea Pinto Beans 1/2 c Broccoli 1/2 c WG Hamburger Bun 1 ea Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 pkt	Black Bean Soup 6 oz Mexican Style Chicken 3 oz Cilantro Lime Rice 1/2 c WG Tortilla 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Saltine Crackers 1 pkt	Potato Crusted Pollock 1 ea Garlic Whipped Potatoes 1/2 c Mixed Greens 1/2 c Whole Wheat Bread 2 slc Oatmeal Crème Cookie 1 ea Assorted Fruit Juice 1 ea Milk 8 oz Margarine 1 pkt Tartar Sauce 1 pkt
21	22	23	24	25
Beef/Chicken Meatballs w/Marinara Sauce (0.5 oz) 7 ea Bow Tie Pasta 1/2 c Broccoli 1/2 c Whole Wheat Bread 1 slc Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 pkt	BBQ Chicken Leg Quarter 1 ea Cheesy Whipped Potatoes 1/2 c Corn 1/2 c Whole Wheat Bread 2 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 pkt	Cream of Tomato Soup 6 oz Turkey Brunswick Stew 3/4 c Brown Rice 1/2 c Wheat Dinner Roll 1 ea Chocolate Chip Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 pkt Saltine Crackers 1 pkt	Macaroni and Cheese 1 c Pinto Beans 1/2 c Mixed Greens 1/2 c Wheat Dinner Roll 1 ea Diced Peaches 1/2 c Milk 8 oz Margarine 1 pkt	Beef Taco Meat 3 oz Spanish Rice 1/2 c Fiesta Vegetables WG 1/2 c Tortilla 1 ea Pineapple Tidbits 1/2 c Milk 8 oz Sour Cream 1 ea
28	29	30	31	
General Tso's Chicken 3 oz Confetti Brown Rice 1/2 c Green Peas 1/2 c Whole Wheat Bread 1 slc Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 pkt	Potato Soup 6 oz Hamburger Patty 1 ea American Cheese 1 slc Green Beans 1/2 c WG Hamburger Bun 1 ea Seasonal Fruit 1 ea Milk 8 oz Ketchup 1 pkt Saltine Crackers 1 pkt	Bourbon Pork 3 oz Ranch Beans 1/2 c Cabbage 1/2 c Wheat Dinner Roll 2 ea Oatmeal Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 pkt	Cheese Omelet 1 ea Oven Roasted Potatoes 1/2 c Mixed Greens 1/2 c Whole Wheat Bread 2 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 pkt Assorted Jelly 1 pkt	