

OCTOBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef and Peppers Corn Cole slaw Bread Fruit Crisp 2	Roast Turkey w/ Gravy Mashed Potato Butternut Squash Bread Mixed Fruit 3	Hot Dog Baked Beans Sauerkraut Hot Dog Roll Peaches 4	Macaroni & Cheese Diced Tomatoes Mixed Vegetables Bread *Pudding 5	Roast Pork Mashed Potatoes Broccoli Bread Pears 6
Columbus Day 9	Vegetable Soup Lasagna w/ Meat Sauce Green Beans Bread Pineapple 10	Honey Ham Sweet Potato Braised Cabbage Bread *Cake 11	Baked Fish Escalloped Potato Peas Biscuit Peaches 12	Baked Chicken w/ Creamed sauce & Broccoli Bits Boiled Potatoes Carrots Bread *Pudding 13
Goulash Italian Green Beans Summer Squash Bread Fresh Fruit 16	Chicken Cacciatore Boiled Potato Mixed Vegetables Bread Pears 17	Beef Burgundy w/ Mushrooms Noodles Mixed Greens Bread Peaches 18	Chicken Divan Rice Stewed Tomatoes Bread *Pudding 19	Tuna Noodle Casserole Spinach Beets Bread *Cookie 20
Chef Salad Potato Salad Carrot Raisin Salad Bread Peaches 23	Swedish Meatballs Noodles Braised Cabbage Bread *Cake 24	Salmon Boat New Red Potatoes Peas w/ Pimento Bread Applesauce 25	Meat Loaf Mashed Potato Mixed Vegetables Bread Pears 26	Baked Chicken Wild Rice Broccoli & Cauliflower Blend Bread *Pudding 27
Roast Turkey Stuffing Creamed Carrots Bread Pineapple 30	Lentil Soup Egg Salad Broccoli Cuts Hamburger Roll *Apple Crisp 31			

8 ounces 2% milk or skim milk served with each meal

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

All contributions are returned to the community toward the cost of nutrition programs and services.

SUGGESTED VOLUNTARY DONATION

\$2.00 PER MEAL to help defray costs