

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Don't forget to call to cancel if you will not be home when your meal arrives! 792-7012 1-866-942-7102	Baked Chicken	Baked Potato w/ Turkey Ham	Cook's Choice Hamburger w/Cheese	Western Egg Bake
	Au Gratin Potatoes	Cheese Sauce	Tator Tots	Hash brown Square
	Peas with Onions	Broccoli Cuts	Corn	Carrot Slices
	Mandarin Oranges	Banana	Peaches	Strawberries
	Banana Cake	Brownie	Dessert	Bran Muffin
7	8	9	10	11
BBQ Pork on Bun	Crispy Fish and Chips	Roast Turkey	Ham & Bean Soup	Chicken & Noodles over
Potato	Lettuce Salad	Potatoes & Gravy	Stewed Tomatoes	Mashed Potatoes
Brussels Sprouts	Garlic Bread	Peas	Tropical Fruit	Green Beans
Peaches	Mixed Berry Cup	Apricot Halves	Fruited Yogurt	Ambrosia Salad
Cottage Cheese		Cranberry Sauce	Corn Bread	Dessert
14	15	16	17	18
Cook's Choice	Beef & Broccoli	Breaded Chicken Fillet	Turkey Supreme	Broccoli Cheddar Soup
Hotdog	Rice	Mashed Potatoes & Gravy	Whipped Potatoes	1/2 Tuna Salad Sandwich
Baked Beans	Oriental Vegetables	Spinach	Asparagus	Carrots
Chips	Fruit Cocktail	Cinnamon Peaches	Grapes	Apricots
Peaches	Cookie	Dessert	Cake	Choc Pudding w/Topping
Dessert		BIRTHDAY DAY		
21	22	23	24	25
Lemon Fish	Beef Patty and Onions	Chicken Tetrizzini	Swedish Meatballs over	Roast Beef Sandwich
Rice Pilaf	Sweet Potatoes	Broccoli	Buttered Noodles	Potato Salad
Capri Vegetables	Lima Beans	Mandarin Oranges	Garden Mixed Vegetables	Corn & Kidney Bean Salad
Fruited Cabbage Salad	Applesauce in Gelatin	Angel Food Cake w/ Strawberries	Fruit Cocktail	Orange
Butterscotch Pudding	Brownie		Whole Wheat Roll	Peanut Butter Cookie
28	28	30	31	
Fish	Potato Bacon Soup	Pizza Casserole	HALLOWEEN PARTY 	
Potatoes	1/2 Ham Salad Sandwich	Cauliflower Cuts	Bubbling Cauldron of Chili	
Brussels Sprouts	Spinach Salad	Lettuce Salad	Witches' Fingers	
Fruit Cocktail	Crackers	Mixed Berries	Children of the Corn (Bread)	
Ice Cream	Pears	Roll	Eyeball Grapes	
			Halloween Poke Cake	

*Milk offered with all meals. /

Stephanie Labenz MS RD LD

Recommended Dietary Allowances (RDA) for older adults.

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