

ADRC Elder Nutrition Program Menu October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Mashed potatoes Harvard beets Buttered bread Cook's choice fruit	2 Beef French dip on whole wheat bun Roasted root vegetables Whipped gelatin fruit salad	3 Meal sites closed.	4 Chicken salad wrap Potato salad Fruit pie	5 Pork roast and gravy Company mashed potatoes Peas and carrots Buttered roll Strawberry shortcake
8 Tuna salad sandwich Whole wheat bun Marinated vegetable salad Cook's choice fruit	9 Ham Sweet potato casserole Cabbage with bacon Buttered bread Cook's choice fruit	10 Meal sites closed.	11 Baked chicken Scallop potatoes Steamed broccoli Buttered bread Fresh watermelon	12 Salisbury steak with gravy Mashed potatoes Cream style corn Rye bread and butter Cherry crisp with topping
15 Beef taco pie Salsa and sour cream Tomatoes and shredded lettuce Blueberry delight	16 Cook's choice	17 Meal sites closed.	18 Chef salad with chopped ham, turkey, and egg Buttered roll Peach crisp with topping	19 Lasagna Romaine lettuce side salad Garlic bread Cook's choice fruit
22 Beef stroganoff with noodles California blend vegetables Buttered bread Cheesecake with berries	23 Roast turkey with gravy Mashed potato Dilled carrots Buttered roll Fruit pie	24 Meal sites closed.	25 Roasted chicken with broccoli over penne pasta Garlic bread Cook's choice fruit	26 Baked battered cod Hashbrown casserole Broccoli and pea salad Buttered bread Cook's choice bread
29 Cook's choice	30 Hearty beef stew over biscuit Buttered bread Fresh fruit cup	31 Meal sites closed. Happy Halloween!		