

October 2020 Menu for All ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cabbage Rolls Tomato Sauce Buttered Corn Whole Wheat Roll Fruit-Cook's Choice	2 Chicken Pot Pie Roasted Asparagus Whole Wheat Roll Fruit-Cook's Choice
5 Beef Lasagna Caesar Side Salad Garlic Bread Fruit – Cook's Choice	6 Chicken Stir Fry Broccoli, Snap Peas, Green Peppers Brown Rice Whole Wheat Roll Fruit-Cook's Choice	7 All Meal Sites Closed	8 Cook's Choice	9 Lemon Parsley Cod Garlic Butter Sauce Buttered Red Potatoes Buttered Corn Whole Wheat Roll Fruit-Cook's Choice
12 Beef Stroganoff Egg Noodles Green Peas Whole Wheat Roll Fluffy Fruit Salad	13 BBQ Chicken Sandwich Roasted Sweet Potato Barley Lentil Salad Whole Wheat Bun Fresh Melon	14 All Meal Sites Closed	15 Swedish Meatballs Whipped Potatoes Dilled Carrots Whole Wheat Bread Fruit-Cook's Choice	16 Baked Pork Chops Apple Chutney Garlic Herb Rice Roasted Broccoli Wheat Roll Fruit-Cook's Choice
19 Meatball Marinara Pasta Side Salad Garlic Breadstick Fruit-Cook's Choice	20 Oven Roasted Chicken Mushroom Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fruit-Cook's Choice	21 All Meal Sites Closed	22 Cook's Choice: Liver and Onions in select locations. Call your meal site for details	23 Mediterranean Salmon Brown Rice Roasted Asparagus Whole Wheat Roll Fruit Pie
26 Beef Stew w/Potatoes, Carrots, Turnips, Celery Breadstick Fruit-Cook's Choice	27 Roast Turkey Breast Mashed Potatoes Gravy Beets Whole Wheat Roll Fruit-Cook's Choice	28 All Meal Sites Closed	29 Honey Dijon Chicken Thighs Baked Potato w/Sour Cream Glazed Carrots Whole Wheat Roll Fruit-Cook's Choice	30 Hearty Sausage Stew w/Squash & Spinach ½ Sandwich Whole Wheat Bread Fruit – Cook's Choice