

# CENTER HOT MENU • OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Swedish Meatballs * Mashed Potatoes * French Green Beans Peaches * Pumpkin Muffin **	<b>1</b> <b>OCTOBER</b> Pork Fritter w/Alfredo * Parsley Potatoes * Stewed Apples * Cucumbers 'n Vinegar Savory Garlic Bread *	<b>2</b> Turkey Pot Roast Mashed Potatoes * Roasted Butternut Squash * Strawberries ** Cranberry Walnut Bread *	<b>3</b> Autumn Apple Chicken *** Roasted Sweet Potatoes * Wheat Sweet Yeast Roll ** Clementine *	<b>4</b> Apple and Sage Sausage ** Sauerkraut & Cabbage * Dijon Mustard Banana ** Black Forest Brownie ****
<b>7</b> Open-faced Hot Turkey Sandwich Mashed Potatoes * Poultry Gravy Rye Bread * California Blend Vegetables Pumpkin Mousse * Clementine *	<b>8</b> Herb Roasted Pork Loin Roasted Sweet Potatoes * Broccoli Wheat Sweet Yeast Roll ** Peach and Pear Delight ****	<b>9</b> Oven Roasted Chicken Drumstick Scalloped Potatoes * Carrots * Clementine * Caramel Apple Crumble ** Hawaiian Roll *	<b>10</b> Chicken Pot Pie *** Applesauce Salad ** Biscuit *	<b>11</b> Fish Tenders * Smashed Baked Potato ** Dilled Carrots * Fruited Gelatin ** Wheat Sweet Yeast Roll **
<b>14</b> Stuffed Salmon w/Alfredo Sauce * Herbed Pasta ** Brussels Sprouts * Hot Cinnamon Applesauce * Naan Flatbread *	<b>15</b> Bourbon Chicken Red, Green Peppers & Onions Brown Rice ** Golden Delicious Apple * Fruited Gelatin **	<b>16</b> Meatloaf * Meatloaf Gravy Mashed Potatoes * Peas & Carrots * Pineapple Tidbits * Wheat Sweet Yeast Roll **	<b>17</b> Pork Chop Suey * Brown Rice ** Broccoli Fresh Pear ** Fortune Cookie Hawaiian Roll *	<b>18</b> Chicken Mushroom Alfredo Penne ** Normandy Vegetable Blend Banana ** Savory Garlic Bread *
<b>21</b> Chicken & Dumplings ** Biscuit * French Green Beans Fresh Plum * Pumpkin Mousse *	<b>22</b> Crispy Pollock Fillet * Macaroni & Cheese * Brussels Sprouts Strawberries & Blueberries * Hawaiian Roll *	<b>23</b> Philly Sloppy Joe's *** Baked Beans ** Cucumbers 'n Vinegar Golden Delicious Apple *	<b>24</b> Dutch Chicken Wheat Bread Stuffing ** Carrots * Mango Chunks *	<b>25</b> Swiss Steak Beef Gravy Mashed Potatoes * Braised Cabbage * Banana ** Sweet Orange Bread **
<b>28</b> Swedish Meatballs * Mashed Potatoes * French Green Beans Peaches * Pumpkin Muffin **	<b>29</b> Pork Fritter w/Alfredo * Parsley Potatoes * Stewed Apples * Cucumbers 'n Vinegar Savory Garlic Bread *	<b>30</b> Turkey Pot Roast Mashed Potatoes * Roasted Butternut Squash * Strawberries ** Cranberry Walnut Bread *	<b>31</b> <b>HALLOWEEN</b> Ghoulish ** Scary Garlic Bread * Creepy Corn ** Granny Smith Apple ** Candy Corn Rice Krispie Treat****	<b>1</b> <b>NOVEMBER</b> Meat & Veggie Pizza ** Peas & Cheese Salad * Fruited Gelatin ** Banana **

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:

Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

\* = 15 gm carbohydrate. If there is no (\*) by an item, there are little-no carbohydrates in that food item. Milk\* is served with each meal.