

October

Nutrition Program funded by the Older Americans Act through Area Agency on Aging 3





Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Mushroom Steak w/ Gravy Mashed Potatoes Baby Carrots Pears Bread Slice Ginger Snaps</p>	<p>4</p> <p>Turkey Pot Pie Broccoli Mandarin Oranges Bread Slice</p>	<p>5</p> <p>Breaded Fish w/ Bun Macaroni & Cheese Peas Cole Slaw Plum Tater Sauce</p>	<p>6</p> <p>Chicken Parmesan w/ Noodles Green Beans Apricots Dinner Roll</p>	<p>7</p> <p>Egg Casserole Hash Browns Hot Sliced Apples Orange Juice Fruit Muffin</p>
<p>10</p> <p>Meatloaf w/ Tomato Topping Parsley Redskins Brussels Sprouts Italian Bread Peaches Sugar Cookie</p>	<p>11</p> <p>Shredded Chicken w/ Bun Cream of Potato Soup Peas & Carrots Applesauce Crackers</p>	<p>12</p> <p>Roast Pork w/ Gravy Whipped Potatoes Cabbage Apple Juice Bread Slice SF Pudding</p>	<p>13</p> <p>Swiss Steak w/ Onions & Gravy Noodles Baked Sweet Potatoes Cauliflower Fruit Cocktail Dinner Roll</p>	<p>14</p> <p>Roast Chicken Breast Scalloped Potatoes Green Beans Orange Bread Slice Cookie</p>
<p>17</p> <p>Hearty Chili w/ Beans Baked Potato Broccoli Pineapple Chunks Crackers Oatmeal Cookie</p>	<p>18</p> <p>BBQ Shredded Pork w/ Bun Bean Soup Carrot Coins Mandarin Oranges Crackers</p>	<p>19</p> <p>Cabbage Roll Cheddar Mashed Potatoes Cauliflower Fruit Parfait Bread Slice Angel Food Cake</p>	<p>20</p> <p>Crispy Baked Cod Scalloped Potatoes Peas & Carrots Cherry Jell-O w/ Bananas Dinner Roll Animal Crackers</p>	<p>21</p> <p>Swedish Meatballs w/ Gravy Corn Buttered Noodles Tossed Salad w/ Dressing Fresh Fruit Cup Bread Slice</p>
<p>24</p> <p>Ham Slice w/ Bun Cream of Broccoli Soup Cole Slaw Warm Fruit Crisp Crackers</p>	<p>25</p> <p>Macaroni & Cheese Stewed Tomatoes Buttered Red Beets Pear Halves Bread Slice</p>	<p>26</p> <p>Lemon Pepper Chicken Sweet Potato Tots Broccoli Grapes Italian Bread Brownie</p>	<p>27</p> <p>Roast Turkey w/ Gravy Lima Beans Bread Dressing Cucumber Salad Apple Juice Dinner Roll</p>	<p>28</p> <p>Beef & Noodles Mashed Potatoes Baby Glazed Carrots Pineapple Rings Bread Slice</p>
<p>31</p> <p>Roast Pork in Au Jus Baked Sweet Potatoes Tomato Juice Applesauce Biscuit Vanilla Wafers</p>		<p>All Menus are subject to change.</p>	<p>For Nutrition content inquires call 1-800-520-2905</p>	<p>Meals are served with 2% or Skim milk and Margarine</p>

REMINDER HDM CLIENTS: If you are not home a meal cannot be delivered, as this is a violation of SNP policy and the Food Safety Rules. Please call **1-800-520-2905** and cancel if you will not be home.

November

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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Roast Beef w/ Gravy Mashed Potatoes Capri Blend Fruit Cocktail Bread Slice Fruit Muffin</p>	<p>2 Smothered Chicken Au Gratin Potatoes California Blend Banana Dinner Roll SF Pudding</p>	<p>3 Sloppy Joes w/ Bun Veggie Soup Tater Tots Grape Juice Crackers</p>	<p>4 Baked Ziti w/ Meat Sauce Wax Beans Tossed Salad w/ Dressing Peach Slices Breadstick</p>
<p>7 Mushroom Steak w/ Gravy Mashed Potatoes Baby Carrots Pears Bread Slice Ginger Snaps</p>	<p>8 Turkey Pot Pie Broccoli Mandarin Oranges Bread Slice</p>	<p>9 Breaded Fish w/ Bun Macaroni & Cheese Peas Cole Slaw Plum Tater Sauce</p>	<p>10 Chicken Parmesan w/ Noodles Green Beans Apricots Dinner Roll</p>	<p>11 Egg Casserole Hash Browns Hot Sliced Apples Orange Juice Fruit Muffin</p>
<p>14 Meatloaf w/ Tomato Topping Parsley Redskins Brussels Sprouts Italian Bread Peaches Sugar Cookie</p>	<p>15 Shredded Chicken w/ Bun Cream of Potato Soup Peas & Carrots Applesauce Crackers</p>	<p>16 Roast Pork w/ Gravy Whipped Potatoes Cabbage Apple Juice Bread Slice SF Pudding</p>	<p>17 Swiss Steak w/ Onions & Gravy Noodles Baked Sweet Potatoes Cauliflower Fruit Cocktail Dinner Rolls</p>	<p>18 Roast Chicken Breast Scalloped Potatoes Green Beans Orange Bread Slice Cookie</p>
<p>21 Hearty Chili w/ Beans Baked Potato Broccoli Pineapple Chunks Crackers Oatmeal Cookie</p>	<p>22 BBQ Shredded Pork w/ Bun Bean Soup Carrot Coins Mandarin Oranges Crackers</p>	<p>23 Roast Turkey w/ Gravy Mashed Potatoes Bread Dressing Dinner Roll Mixed Vegetables Pumpkin Pie</p>	 <p>24 CLOSED HAPPY THANKSGIVING</p>	<p>25 CLOSED NO MEAL PROVIDED</p>
<p>28 Ham Slice w/ Bun Cream of Broccoli Soup Cole Slaw Warm Fruit Crisp Crackers</p>	<p>29 Macaroni & Cheese Stewed Tomatoes Buttered Red Beets Pear Halves Bread Slice</p>	<p>30 Lemon Pepper Chicken Sweet Potato Tots Broccoli Grapes Italian Bread Brownie</p>	<p>For Nutrition content inquires call 1-800-520-2905</p>	<p>Meals are served with 2% or Skim milk and Margarine All Menus are subject to change.</p>

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December

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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Meals are served with 2% or Skim milk and Margarine needed</p> <p>All Menus are subject to change.</p>	<p>For Nutrition content inquires call 1-800-520-2905</p>	<p>1 Swedish Meatballs w/ Gravy Corn Buttered Noodles Tossed Salad w/ Dressing Fresh Fruit Cup Bread Slice</p>	<p>2 Chicken & Noodles Mashed Potatoes Baby Glazed Carrots Pineapple Rings Bread Slice</p>
<p>5 Roast Pork in Au Jus Baked Sweet Potatoes Tomato Juice Applesauce Biscuit Vanilla Wafers</p>	<p>6 Roast Beef w/ Gravy Mashed Potatoes Capri Blend Fruit Cocktail Bread Slice Fruit Muffin</p>	<p>7 Smothered Chicken Au Gratin Potatoes California Blend Banana Dinner Roll SF Pudding</p>	<p>8 Sloppy Joes w/ Bun Veggie Soup Tater Tots Grape Juice Crackers</p>	<p>9 Baked Ziti w/ Meat Sauce Wax Beans Tossed Salad w/ Dressing Peach Slices Breadstick</p>
<p>12 Mushroom Steak w/ Gravy Mashed Potatoes Baby Carrots Pears Bread Slice Ginger Snaps</p>	<p>13 Turkey Pot Pie Broccoli Mandarin Oranges Bread Slice</p>	<p>14 Breaded Fish w/ Bun Macaroni & Cheese Peas Cole Slaw Plum Tater Sauce</p>	<p>15 Chicken Parmesan w/ Noodles Green Beans Apricots Dinner Roll</p>	<p>16 Egg Casserole Hash Browns Hot Sliced Apples Orange Juice Fruit Muffin</p>
<p>19 Meatloaf w/ Tomato Topping Parsley Redskins Brussels Sprouts Italian Bread Peaches Sugar Cookie</p>	<p>20 Chicken Patty w/ Bun Cream of Potato Soup Peas & Carrots Applesauce Crackers</p>	<p>21 Roast Pork w/ Gravy Whipped Potatoes Cabbage Apple Juice Bread Slice SF Pudding</p>	<p>22 Swiss Steak w/ Gravy Noodles Baked Sweet Potatoes Cauliflower Fruit Cocktail Dinner Rolls</p>	<p>23 Roast Turkey Bread Dressing Mashed Potatoes Green Beans Almondine Pumpkin Bread Apple Juice</p>
<p>26 Hearty Chili w/ Beans Baked Potato Broccoli Pineapple Chunks Crackers Oatmeal Cookie</p>	<p>27 BBQ Shredded Pork w/ Bun Bean Soup Carrot Coins Mandarin Oranges Crackers</p>	<p>28 Stuffed Pepper w/ Tomato Sauce Cheddar Mashed Potatoes Cauliflower Fruit Parfait Bread Slice Angel Food Cake</p>	<p>29 Crispy Baked Cod Scalloped Potatoes Peas & Carrots Cherry Jell-O w/ Bananas Animal Crackers</p>	<p>30 Baked Pork Chop in Au Jus Sauerkraut Whipped Potatoes Dinner Roll Applesauce</p>

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