



October Seniors' CHOICE menu 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
BOX					1
LUNCH	<p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</p>				<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Grape Juice 100% Diet: same</p>
WEEK 4	4	5	6	7	8
BOX					
LUNCH	<p>Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same</p>	<p>Hawaiian Pineapple Ham - 9094 (ch b) meatloaf w/ gravy ch7016 Whipped Sweet Potatoes Peas Wheat Bread / Margarine Chocolate Elf Grahams Apple Juice 100% Diet: same</p>	<p>Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread / Margarine Chocolate Chip Cookie Mandarin Oranges Diet: same</p>	<p>Steak Hoagie w/ Gravy - 9302 (ch b) pork cutlet w/ gravy ch7034 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same</p>	<p>Smoked Turkey Sausage w/ Sauerkraut - 9055 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same</p>
WEEK 5	11	12	13	14	15
BOX					
LUNCH	<p>Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Wheat Bread / Margarine Oatmeal Cookie Strawberry Applesauce Diet: same</p>	<p>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) turkey tetrazzini ch7062 Italian Vegetables Spinach / Vinegar Pineapple-Orange Juice 100% Diet: same</p>	<p>Country Fried Steak w/Gravy - 9063 (ch b) roast pork loin w/ gravy Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Pears Diet: same</p>	<p>Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065 Peas Potato Wedges Wheat Bread (2 slices) Margarine Orange Juice 100% Diet: same</p>	<p>Swiss Steak - 9088 w/ Tomatoes, Peppers, Onions (ch b) cheese omelet - ch7066 Carrots O'Brien Potatoes Dinner Roll / Margarine Chocolate Cake Fruit Punch 100% Diet: same</p>
WEEK 6	18	19	20	21	22
BOX					
LUNCH	<p>Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7003 Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Peaches Diet: same</p>	<p>Turkey Tetrazzini - 9036 w/ Peas and Mushrooms (ch b) veggie tetrazzini ch7056 <i>(not a vegetarian meal)</i> Brussel Sprouts Baked Cinnamon Apples Diet: same</p>	<p>Breaded Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Pineapple Tidbits Diet: same</p>	<p>Roast Turkey w/Gravy - 9005 (ch b) country fried steak w/gravy ch7054 Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Cinnamon Teddy Grahams Cranberry Juice Diet: same</p>	<p>Chicken and Brown Rice w/ Gravy - 9023 (ch b) beef & rice w/gravy ch7041 Broccoli Diced Carrots Goldfish Crackers Applesauce Diet: same</p>
WEEK 7	25	26	27	28	29
BOX					
LUNCH	<p>Salisbury Steak w/Gravy - 9029 (ch b) baked fish ch7048 Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Grape Juice 100% Diet: same</p>	<p>Broccoli Cheddar Chicken - 9031 (ch b) cheesy beef & broccoli ch7042 Brown Rice Oregon Vegetables Corn Animal Crackers Pears Diet: same</p>	<p>Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Orange Juice 100% Diet: same</p>	<p>turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Sponge Cake Mandarin Oranges Diet: same</p>	<p>Cinci-Style Chili - 9112 w/ Spaghetti & Kidney Beans (ch b) roast beef w/gravy and mashed potatoes ch7025 Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same</p>
WEEK 1			Black Cat Day		Frankenstein Friday