



October Seniors' CHOICE 2022 menu



	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
BOX					
LUNCH	BBQ Beef - 9051 <i>(ch b) grilled chicken brst ch7026</i> Peas & Onions Potato Wedges Bun Peaches Diet: same	Chicken Alfredo over Spaghetti - 9065 <i>(ch b) salmon croquette ch7050</i> Broccoli Carrots Baked Cinnamon Apples 2 Wheat Bread / Margarine (ch b only) Diet: same	Beef & Noodles - 9008 <i>(ch b) chicken & noodles ch7037</i> w/ Gravy Green Beans Carrots Fruit Cocktail Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Grape Juice 100% Diet: same	Steak Hoagie w/ Gravy - 9302 <i>(ch b) pork cutlet w/ gravy ch7034</i> Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same
WEEK					
1 BOX					World Smile Day
LUNCH	Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Pineapple Tidbits Diet: same	Baked Chicken w/ Gravy - 9075 <i>(ch b) roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Pineapple-Orange Juice 100% Diet: same	Salisbury Steak w/Gravy - 9029 <i>(ch b) chicken tenders ch7009</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Pears Diet: same	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) Margarine Apple Juice 100% Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan <i>(ch b) turkey tetrazzini ch7062</i> Italian Vegetables Spinach / Vinegar Fruit Cocktail Diet: same
WEEK 2 BOX					
LUNCH	Cinci-Style Chili - 9112 <i>(ch b) chicken alfredo ch7067</i> w/ Spaghetti Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese Oyster Crackers Diet: same	Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7003</i> Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Orange Juice 100% Diet: same	turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread Dinner Roll / Margarine Pears Diet: same	Pork Cutlet w/Gravy - 9003 <i>(ch b) chicken w/gravy ch7008</i> Green Beans Beets Wheat Bread (2 slices) Margarine Peaches Diet: same	Swedish Meatballs - 9053 <i>(ch b) chicken & gravy ch7037</i> Egg Noodles Broccoli Carrots Fruit Punch 100% Diet: same
WEEK 3 BOX		National Meatloaf Appreciation Day			
LUNCH	Hamburger - 9071 <i>(ch b) sliced deli ham ch7005</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Cheese Lasagna - 9316 w/ Marinara <i>(ch b) beef & noodles w/ gravy ch7052</i> Green Beans Carrots Wheat Bread / Margarine Mandarin Oranges Diet: same	Turkey Tetrazzini - 9036 w/ Peas and Mushrooms <i>(ch b) veggie tetrazzini ch7056</i> (not a vegetarian meal) Brussel Sprouts Baked Cinnamon Apples Diet: same	Fish Sticks w/ Tartar Sauce - 9028 <i>(ch b) macaroni & cheese ch7065</i> Peas Potato Wedges Wheat Bread (2 slices) Margarine Pears Diet: same	Country Fried Steak w/Gravy - 9063 <i>(ch b) grilled chicken brst ch7026</i> Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same
WEEK 4 BOX		World Pasta Day			
LUNCH	Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Applesauce Mustard / Ketchup Diet: same		<p>Complete meal consists of at least: 2 oz. Protein, 1 cup of Vegetables, 1/2 cup of Fruit or Juice, 2 servings of Grains, and 8 oz. Milk (1/2 pint)</p>		
WEEK 5	Halloween				