



# October 2023 Seniors' CHOICE menu



| Monday<br>2  | Tuesday<br>3   | Wednesday<br>4   | Thursday<br>5   | Friday<br>6  |   |
|--|--|--|---|--|---|
| <p><b>Mediterranean Glazed Salmon - 9092</b><br/><i>(ch b) grilled chicken brst ch7026</i><br/>Italian Vegetables<br/>Rosemary Garlic Redskin Potatoes<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Whole Apple<br/>Diet: same</p>  <p><b>Int'l Day for the Elderly</b></p> | <p><b>Hamburger - 9072</b><br/><i>(ch b) sliced deli ham ch7006</i><br/>w/ Swiss American Cheese slice<br/>Potato Wedges<br/>Broccoli<br/>Bun<br/>Pineapple Tidbits<br/>Mustard / Ketchup<br/>Diet: same</p>   | <p><b>Smoked Turkey Sausage w/ Sauerkraut - 9055</b><br/><i>(ch b) meatloaf w/ gravy ch7016</i><br/>Cheesy Mashed Potatoes<br/>Green Beans<br/>Rye Bread (2 pcs)<br/>Fruit Cocktail<br/>Mustard / Ketchup<br/>Diet: same</p> | <p><b>Chicken &amp; Potato Casserole - 9315</b><br/><i>(ch b) roast beef &amp; gravy ch7025</i><br/>California Blend Vegetables (2 servings)<br/>Grape Juice 100%<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Diet: same</p>   | <p><b>Cinci-Style Chili - 9112 w/ Spaghetti</b><br/><i>(ch b) roast beef w/gravy ch7025</i><br/>Kidney Beans<br/>Broccoli<br/>Cinnamon Applesauce<br/>Cheddar Cheese <i>(ch A only)</i><br/>Oyster Crackers <i>(ch A only)</i><br/>2 Wheat Bread / Margarine <i>(ch b only)</i><br/>Diet: same</p>  <p><b>World Smile Day</b></p> |   |
| <p><b>Grilled Chicken w/ BBQ Sauce - 9049</b><br/><i>(ch b) hamburger ch7006</i><br/>Green Beans<br/>Yellow Squash<br/>Bun<br/>Peaches<br/>Diet: same</p>  <p><b>Columbus Day</b></p>   | <p><b>Philly Beef Steak - 9102</b><br/><i>(ch b) turkey frank ch7010</i><br/>Potato Wedges<br/>Vegetable Medley<br/>Swiss Cheese<br/>Bun<br/>Mustard<br/>Apple Juice 100%<br/>Diet: same</p>   | <p><b>Orange Chicken - 9105</b><br/><i>(ch b) baked fish - ch7048</i><br/>Brown Rice<br/>Green Beans<br/>Carrots<br/>Wheat Bread / Margarine<br/>Fruit Cocktail<br/>Diet: same</p>   | <p><b>turkey Ham &amp; Beans - 9062</b><br/><i>(ch b) chicken stew ch7022</i><br/>Mixed Vegetables (2 servings)<br/>Cornbread<br/>Pears<br/>Wheat Roll / Margarine<br/>Diet: same</p>  | <p><b>Cheese Lasagna - 9316</b><br/><i>(ch b) beef &amp; noodles ch7052</i><br/>Italian Vegetables<br/>Green Beans<br/>Mandarin Oranges<br/>Wheat Bread / Margarine<br/>Diet: same</p>   |   |
| <p><b>Fish Sticks w/ Tartar Sauce - 9028</b><br/><i>(ch b) macaroni &amp; cheese ch7065</i><br/>Peas<br/>Potato Wedges<br/>Pineapple Tidbits<br/>Wheat Bread / Margarine<br/>Goldfish Crackers<br/>Diet: same</p>  | <p><b>Spaghetti &amp; Meatballs - 9035 w/ Marinara &amp; Parmesan</b><br/><i>(ch b) chicken alfredo w/ broccoli ch7067</i><br/>Italian Vegetables<br/>Spinach / Vinegar<br/>Applesauce<br/>Diet: same</p>  <p><b>National Pasta Day</b></p> | <p><b>Roast Pork Loin w/ Gravy - 9115</b><br/><i>(ch b) chicken w/gravy ch7008</i><br/>Brown Rice<br/>Vegetable Medley (2 servings)<br/>Wheat Bread / Margarine<br/>Peaches<br/>Diet: same</p>                               | <p><b>Beef Vegetable Stew - 9001</b><br/><i>(ch b) chicken stew ch7022</i><br/>w/ Peas, Carrots, &amp; Red Skin Potatoes<br/>Green Beans (2 servings)<br/>Orange Juice 100%<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Diet: same</p>                                   | <p><b>Swedish Meatballs - 9053</b><br/><i>(ch b) chicken &amp; gravy ch7037</i><br/>Egg Noodles<br/>Broccoli<br/>Carrots<br/>Fruit Punch 100%<br/>Sponge Cake<br/>Diet: same</p>  <p><b>Happy October Birthday</b></p>  |   |
| <p><b>Meatloaf w/ Gravy - 9072</b><br/><i>(ch b) roast turkey w/ gravy ch7003</i><br/>Mashed Potatoes<br/>Carrots<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Strawberry Applesauce<br/>Diet: same</p>  | <p><b>Lemon Pepper Fish - 9033 w/ Tartar Sauce</b><br/><i>(ch b) chicken tenders ch7009</i><br/>Brown Rice<br/>Scandinavian Veggies (2 servings)<br/>Wheat Bread / Margarine<br/>Pears<br/>Diet: same</p>  | <p><b>BBQ Beef - 9051</b><br/><i>(ch b) grilled chicken brst ch7026</i><br/>Peas &amp; Onions<br/>Potato Wedges<br/>Bun<br/>Peaches<br/>Diet: same</p>   | <p><b>Chicken Alfredo over Spaghetti - 9065</b><br/><i>(ch b) mediterranean glazed salmon ch7068</i><br/>Broccoli<br/>Carrots<br/>Baked Cinnamon Apples<br/>2 Wheat Bread / Margarine <i>(ch b only)</i><br/>Diet: same</p>   | <p><b>Hawaiian Pineapple Ham - 9094</b><br/><i>(ch b) pineapple topped chicken ch7013</i><br/>Whipped Sweet Potatoes<br/>Peas<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Mandarin Oranges<br/>Diet: same</p>  <p><b>Frankenstein Friday</b></p>   |   |
| <p><b>Chicken Tenders - 9061</b><br/><i>(ch b) baked fish ch7048</i><br/>Brown Rice<br/>Green Beans<br/>Carrots<br/>Fruit Cocktail<br/>1 Bread / Grain<br/>Margarine<br/>Diet: same</p>  <p><b>National Cady Corn Day</b></p>   | <p><b>Steak Hoagie w/ Gravy - 9302</b><br/><i>(ch b) grilled chicken breast ch7026</i><br/>Potato Wedges<br/>Baked Beans<br/>Hoagie Bun<br/>Fresh Orange<br/>Diet: same</p>  <p><b>Halloween</b></p>                                      |  <p><b>Happy Halloween</b></p>   |   |   | <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> |