

Senior Dining Program – Menu Summary for October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>October 1</u> Meatloaf Mashed Potatoes Green Beans
<u>October 4</u> Pinto Beans Collard Greens Pickled Beets	<u>October 5</u> Chicken and Dumplings Mixed Vegetables Spiced Apples	<u>October 6</u> Parmesan Baked Fish Potato Broccoli	<u>October 7</u> Pulled Pork Mashed Sweet Potato Collard Greens	<u>October 8</u> Herb Baked Chicken Glazed Carrots Brown Rice
<u>October 11</u> Salisbury Steak Mashed Potatoes Mixed Vegetables	<u>October 12</u> Loaded Baked Potato Chili Broccoli/Cauliflower	<u>October 13</u> Pork Roast Mashed Sweet Potato Green Beans	<u>October 14</u> Sloppy Joe Sandwich Coleslaw Macaroni and Cheese	<u>October 15</u> Buttermilk Fried Chicken Mashed Potatoes Peas
<u>October 18</u> Virginia Baked Ham Collard Greens Macaroni and Cheese	<u>October 19</u> Tuna Sandwich Potato Salad Pickled Beets	<u>October 20</u> Beef Tips Glazed Carrots Brown Rice	<u>October 21</u> Spaghetti/Pasta Sauce Meatballs Salad	<u>October 22</u> Fried White Fish Macaroni and Cheese Tomatoes
<u>October 25</u> Baked Spaghetti Salad Pears	<u>October 26</u> Cheeseburger Baked Beans Fries	<u>October 27</u> Baked Herb Fish Carrots Summer Squash	<u>October 28</u> BBQ Chicken Tenders Pinto Beans Collard Greens	<u>October 29</u> Roast Beef Mashed Potatoes Green Beans

Milk is served with every meal; main course items are listed. Crackers, bread, and desserts are not always listed.