



Lunch Menu

Monday - Tuesday - Wednesday - Thursday - Friday

12:00 pm

\$ 3.50 Contribution



Mon	Tues	Wed	Thurs	Fri
<p>October 1- Macaroni & Cheese Broccoli Stewed Tomatoes Italian Bread Fruit Cocktail</p> 	<p>October 2- Ham, Turkey , Roast Beef Sandwich and Soup</p> 	<p>October 3- Open Faced Hot Roast Beef Sandwich Gravy Fresh Mashed Potatoes Peas Wheat Bread Pineapple</p> 		<p>October 5- Breaded Haddock Coleslaw w/Out Pineapple Mixed Vegetables Dinner Roll Peaches</p>
<p>October 8- Center Closed</p> 	<p>October 9- Ham, Turkey , Roast Beef Sandwich and Soup</p>	<p>October 10- Chicken ala King Carrots Spinach Warm Biscuit Mandarin Oranges</p> 	<p>October 11- Seafood Salad Lettuce, Tomato Chicken Gumbo Wheat Thinwich Apricots</p>	<p>October 12- Knockwurst Sauerkraut Apple juice Steamed Potatoes Green Beans Snickerdoodle Cookie</p>
<p>October 15- Chicken Cordon Bleu Mashed Potatoes Gravy Broccoli Wheat Bread Peaches</p> 	<p>October 16- Ham, Turkey , Roast Beef Sandwich and Soup</p> 	<p>October 17- Potato Crusted Tilapia Coleslaw w/ Out Pineapple Peas Marble Rye Bread Fruit Cocktail</p>		<p>October 19- Veggie Meatballs Pasta & Sauce Tossed Lettuce Salad Wax Beans Italian Bread Mandarin Oranges</p>
<p>October 22- BBQ Pulled Pork Baker Potato Coleslaw w/ Pineapple Corm Rye Bread Pears</p> 	<p>October 23- Tuna Salad Lettuce, Tomato Slice Cabbage Beef Soup Wheat Bread Fruit Cocktail</p>	<p>October 24- Broccoli Cheese Quiche Green Beans Cauliflower 12 Grain Bread Petite Banana</p> 	<p>October 25- *Senior Club Dinner</p>	<p>October 26- Tortilla Stuffed with Fajita Chicken Brown Rice Lettuce, Tomato Salsa, Sour Cream Vegetable Soup Mandarin Oranges</p>
<p>October 29- Breaded Haddock Coleslaw w/ Out Pineapple Carrots Wheat Bread Apricots</p>	<p>October 30- Ham, Turkey , Roast Beef Sandwich and Soup</p> 	<p>October 31- Chicken Fingers BBQ Sauce Mashed Sweet Potatoes Broccoli Wheat Dinner Roll Spooky Cookie</p> 		<p><i>Halloween is not only about putting on a costume, but it's about finding the imagina- tion and costume within ourselves. Elvis Duran</i></p>



Come and Join Us For Lunch
Call for Reservations 334-4030

Certified by Mary Apps, MS, RD, CDN

*= Meal is NOT certified by MCOFA Dietitian or provided by ABVI

