



Lunch Menu

Monday - Tuesday - Wednesday - Thursday - Friday

12:00 pm

\$ 3.50 Contribution



Mon	Tues	Wed	Thurs	Fri
	<u>October 1-</u> Ham, Turkey ,  Roast Beef Sandwich and Soup	<u>October 2-</u> Tossed Salad w/ Grilled Chicken Hearty Split Pea Soup 12 Grain Bread Mandarin Oranges		<u>October 4-</u> Hot Open Faced Roast Beef Sandwich Gravy Tomato Florentine Soup Mashed Potatoes Peaches 
<u>October 7-</u> Stuffed Pepper w/ Sauce Mashed Potatoes Green Beans Marble Rye Bread Applesauce 	<u>October 8-</u> Ham, Turkey , Roast Beef Sandwich and Soup	<u>October 9-</u> Seafood Salad Lettuce, Tomato Wheat Thinwhich Chicken Gumbo Fruited Gelatin w/ Whipped Topping		<u>October 11-</u> BBQ Pulled Pork over Baked Potato Coleslaw 12 Grain Bread Pears 
<u>October 14-</u> Center Closed 	<u>October 15-</u> Ham, Turkey ,  Roast Beef Sandwich and Soup	<u>October 16-</u> Veggie Meatballs Pasta & Sauce Tossed Salad  Wax Beans Italian Bread Mandarin Oranges		<u>October 18-</u> Knockwurst w/ Sauerkraut  Mashed Potatoes Carrots Dark Rye Bread Snickerdoodle Cookie
<u>October 21-</u> BBQ Pulled Pork Baked Potato Brussels Sprouts 12 Grain Bread Pears 	<u>October 22-</u> Ham, Turkey , Roast Beef Sandwich and Soup	<u>October 23-</u> Stuffed Cabbage w/ Sauce Mashed Potatoes  Carrots Marble Rye Bread Fresh Apple	<u>October 24-</u> *Club Dinner Call Carol 444-0159	<u>October 25-</u> Broccoli Cheese Quiche Grape Juice Vegetable Soup Green Beans 12 Grain Bread Apricots 
<u>October 28-</u> Breaded Haddock Coleslaw Carrots Wheat Bread Pineapple 	<u>October 29-</u> Ham, Turkey ,  Roast Beef Sandwich and Soup	<u>October 30-</u> Monster Ball Braised Pork Chop Gravy Corn Chowder  Mashed Potatoes 12 Grain Bread Warm Applesauce		



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

