

Centre Region Active Adult Center Menu – October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki Ginger Chicken Blended Rice California Blend Vegetables Mandarin Oranges Dinner Roll	3 Liver & Onions Mashed Potatoes Green Beans Tossed Salad Brownie Whole Wheat Bread	4 Hamburger Creamy Potato Soup Pickled Beets Fresh Melon Ketchup & Mustard Sandwich Roll	5 Savory Sausage Scramble Blueberry Muffin Parmesan Potatoes Fresh Orange	6 Chicken Marsala Garlic and Parmesan Orzo Hot Chunky Applesauce Tossed Salad Vanilla Ice Cream Garlic Breadstick
9 Cost Savings Day No meals or Transportation	10 Tater Fish Baked Potato w/Butter/Sour Cream Cole Slaw Apple Sauce WW Biscuit Tartar Sauce	11 Cooking with LaCreta Homemade chili and cornbread	12 BBQ Pulled Pork Coleslaw Orange Blossom Sweet Potatoes Applesauce WW Sandwich Roll	13 Southwest Grilled Chicken Wrap Southwest Tomato Corn Soup Cottage Cheese Sliced Peaches
16 Fish Sandwich Tater Tots Harvard Beets Chocolate/Mint Pudding WW Sandwich Roll	17 Chicken Parmesan w/sauce & Cheese Penne Pasta w/sauce Tossed Salad w/Tomato Fresh Melon Italian Bread	18 Grilled Salmon Fillet with Cream Sauce Wild Rice Spinach Pepper Slaw Banana Pudding Whole Wheat Bread	19 Swedish Meatballs Buttered Bow Tie Noodles Bean Blend Tossed Salad Mixed Fruit Salad Whole Wheat Bread	20 Baked Ham & Swiss Lettuce, Tomato & Pickle Italian Wedding Soup Apricots Rye Bread (2) Mustard & Mayo
23 Cheesesteak Sandwich w/Pepper & Onions Parmesan Red Potatoes Broccoli "Trees" Ambrosia Salad Hoagie Roll	24 Mandarin Chicken Salad Mixed Greens w/ Raspberry Dressing Pickled Beets Oatmeal Muffin Lemon Pudding	25 All Beef Hot Dog w/Cheese Creamy Tomato Soup w/Crackers Apricots Sugar Cookie Whole Wheat Sandwich Roll	26 Stuffed Chicken Breast w/Gravy Baked Potato w/Butter/ Sour Cream Peas and Pearl Onions Fresh Apple	27 Beef Ravioli in Marinara Sauce Tossed Salad Raspberry Sherbet Garlic Breadstick
30 Baked Mac & Cheese Stewed Tomatoes Pepper Slaw Sugar Cookies Bread Stick	31 Covered-Dish Halloween Party And Costume Party 			

All meals include a serving of 2% milk All meals include a serving of 2% milk **To reserve your meal, call 231-3076 by 10am the day before you plan to visit**

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**