

Meal Site Menu

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Do you or loved ones have Medicare? SHIP can help if you questions. 1-855-408-1212 or 410-1135</p>	<p>1. Hot Dog w/Chili, Baked Beans, Confetti Cole Slaw, Hot Dog Bun, Pineapple Crisp, & Milk</p>	<p>2. Baked Spaghetti Casserole, Green Peas, Green Garden Salad (1 cup), Texas Toast, Ranch Dressing, Margarine, & Milk</p>	<p>3. Chicken Salad, Broccoli Raisin Salad, Cucumber & Onion Salad, White Bread (2 slice), Fruit & Grain Bar, & Milk</p>	<p>4. A-1 Chopped Steak, Brown Gray, Rice Pilaf, Fruit Punch Juice, Cabbage & Carrots, White Dinner Roll, Fresh Orange, Margarine, & Milk</p>
<p>7. Smoked Sausage, Onions/Peppers, Seasoned Collard Greens, Pinto Beans, Hot Dog Bun, LD Fig Bar, & Milk</p>	<p>8. White Bean Chicken Chili, Grape Juice, Winter Blend Vegetables, Whole Wheat Bread, Birthday Cake, & Milk</p>	<p>9. Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Succotash, Fresh Fruit, Texas Toast, Margarine, & Milk</p>	<p>10. Swiss Style Beef Patty, Steamed Rice, Fresh Orange, Okra & Tomatoes, White Dinner Roll, Fruit & Grain Bar, Margarine, & Milk</p>	<p>11. Chicken Parmesan, Pasta, Spinach Salad, Italian Squash, Breadstick, LD Banana Marshmallow Pie, Italian Dressing, & Milk</p>
<p>14. Sliced Roasted Turkey, American Cheese, Potato Chowder, Broccoli, Whole Wheat Bread (2 slices), Spiced Apple Slices, & Milk</p>	<p>15. Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Lima Beans w/Red Peppers, Hamburger Bun, Fresh Orange, Pickle Slices, & Milk</p>	<p>16. Beef Macaroni w/Tomato, Fruit Punch Juice, Capri Blend Vegetables, Texas Toast, Rocky Road Pudding, Margarine, & Milk</p>	<p>17. Breakfast Sausage, Yogurt (Low Fat), Grits, Spiced Peaches, Orange-Tangerine Juice, English Muffin, Jelly, Margarine, & Milk</p>	<p>18. Hamburger, American Cheese, Lettuce/Tomato/Pickle, Baked Beans, Hamburger Bun, Orange-Tangerine Juice, Ketchup, & Milk</p>
<p>21. Chicken Hearty Stew, Steamed Rice, Vegetables in Stew, Grape Juice, Whole Wheat Bread, Apple Cobbler, & Milk</p>	<p>22. Pepper & Onion Beef Patty, Mashed Potatoes, Green Peas, White Bread, Fresh Banana, & Milk</p>	<p>23. Baked Chicken (Bone-In), Wild Rice Blend, Brussels Sprouts, Fruit Punch Juice, Whole Wheat Roll, Pumpkin Fluff, & Milk</p>	<p>24. Peanut Butter Jelly, Beef Vegetable Soup, Broccoli, White Bread (2 slices), Spiced Peaches, & Milk</p>	<p>25. Sliced Ham, Black-eyed Peas, Seasoned Collard Greens, Apple Juice, Cornbread, Margarine, & Milk</p>
<p>28. . Waikiki Chicken, Mashed Potatoes, Apple Juice, Carrots, Rye Bread, LD Fudge Round, & Milk</p>	<p>29. Hot Dog w/Chili, Baked Beans, Confetti Cole Slaw, Hot Dog Bun, Pineapple Crisp, & Milk</p>	<p>30. Baked Spaghetti Casserole, Green Peas, Green Garden Salad (1 cup), Texas Toast, Ranch Dressing, Margarine, & Milk</p>	<p>31. . Chicken Salad, Broccoli Raisin Salad, Cucumber & Onion Salad, White Bread (2 slice), Fruit & Grain Bar, & Milk</p>	<p>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</p>