

October Menu

Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.

\$6 suggested donation for ages 60+.

MONDAY

WEDNESDAY

FRIDAY



MEALS ON WHEELS 1

Cheesy Bacon &
Potato Casserole
Garden Salad
Fresh Fruit & Yogurt

MEALS ON WHEELS 3

Hot Dog w/ Caramelized
Onions & Sauerkraut
Potato Salad
Cowboy Beans
Apple Dessert

IN-PERSON LUNCH! 6

Cheese Tortellini
w/ Pesto & Tomatoes
Steamed Vegetables
Rosemary Focaccia
Caesar Salad
Dessert

IN-PERSON LUNCH! 8

Crab Cake w/
Tartar Sauce
Pasta Salad
Steamed Vegetables
Dinner Roll w/ Butter
Arugula Salad
Carrot Cake

MEALS ON WHEELS 10

Teriyaki Chicken
Ginger Rice
Spring Rolls
Sesame Broccoli
Asian Slaw
Fortune Cookie
Ice Cream

IN-PERSON LUNCH! 13

CLOSED



IN-PERSON LUNCH! 15

Pork Tacos
Mexican Rice
Bean & Corn Salad
Chips & Salsa
Key Lime Bars

MEALS ON WHEELS 17

Chicken & Cheddar
Burger
BBQ Beans
Sun Chips
Garden Salad
Brownie

IN-PERSON LUNCH! 20

Reuben Chicken
Sweet Potatoes
Steamed Veggies
Kale Citrus Salad
Peaches & Cottage Cheese

IN-PERSON LUNCH! 22

Mushroom & Swiss
French Dip
Potato Wedges
Spinach Salad
Dessert

MEALS ON WHEELS 24

Chef Salad
Dinner Roll w/ Butter
Sorbet

IN-PERSON LUNCH! 27

Chicken Pita
Cucumber Tzatziki
Lemon Potatoes
Greek Salad
Cheesecake Bars

IN-PERSON LUNCH! 29

Roast Beef
Monster Mashed
Potatoes & Gravy
Killer Carrots
Shadows in the
Garden Salad
Death by Chocolate

MEALS ON WHEELS 31

Chicken Chili
Chips & Salsa
Garden Salad
Pineapple
Monster Cookie

All menus subject to change due to food cost and availability.