

# OCTOBER 2023 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce	<b>3</b> Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread 	<b>4</b> BBQ Chicken Breast Baked Beans Green Beans Yogurt Corn Muffin 	<b>5</b> Turkey & Swiss on Roll with Lettuce, Tomato, & Onion Diced Peaches Cream of Potato Soup with Bacon	<b>6</b> Cheese Pizza Salad with Tomatoes, Carrots, and Garbanzo Beans Chocolate Ice Cream
<b>9</b> Salmon Filet with Lemon Dill Sauce Baked Potato with Sour Cream Cauliflower White Wheat Bread Pudding	<b>10</b> Oven Fried Chicken Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit 	<b>11</b> Turkey with Gravy Baked Sweet Potato Nantucket Blend Vegetables Fresh Apple Dinner Roll Cranberry Sauce	<b>12</b> Cheeseburger on Bun Lettuce & Tomato French Fries Diced Pears Minestrone Soup	<b>13</b> Chicken Stir Fry Brown Rice Pineapples Apple Bear Cookie 
<b>16</b> Swedish Meatballs over Egg Noodles Capri Blend Vegetables 12 Grain Bread Tropical Fruit	<b>17</b> Pot Roast with Gravy Baked Potato with Sour Cream Lima Beans Applesauce Dinner Roll	<b>18 (birthday lunch)</b> Bratwurst Sauerkraut Pierogi German Chocolate Cake Marble Rye Bread	<b>19</b> Baked White Fish Macaroni & Cheese Stewed Tomatoes Yogurt Diced Peaches	<b>20</b> Beef Goulash over Elbow Macaroni Peach Cobbler Dinner Roll 
<b>23</b> Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Carrots Strawberry Waffle Cookie Mixed Fruit	<b>24</b> Chili with Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream 	<b>25</b> Meatloaf with Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll	<b>26</b> Breaded Chicken Patty with American Cheese & Pickles on a Hamburger Roll Seasoned Greens French Fries Fresh Apple	<b>27</b> Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Twelve Grain Bread
<b>30</b> Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top	<b>31</b> Spaghetti & Meatballs Mixed Salad with Cucumber & Tomato Applesauce Twelve Grain Bread	<b>1</b> Chicken & Dumplings Scandinavian Blend Vegetables Diced Pears Yogurt	<b>2</b> Ham & Swiss on Roll Lettuce, Tomato, & Onion Orange Cream of Broccoli Soup	<b>3</b> Salisbury Steak with Gravy Mashed Potatoes Stewed Zucchini Mandarin Oranges Corn Muffin

- Lunch is \$2.25 for those over 60. Special lunches are \$3.00 for those over 60.

- Our meals are ordered in advance. You must call or sign up for lunch by 11 a.m. the day before.

- Your signature is REQUIRED in the City Fare sign in book located on Lori's desk. City Fare requires us to authenticate each meal provided to ensure accuracy of distribution.