

OCTOBER 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Beef and Broccoli with Teriyaki Sauce Brown Rice Carrots Mandarin Oranges	1 Blush Sauce Chicken & Pasta Broccoli Mixed Fruit	2 Swedish Meatballs Green Beans Egg Noodles Baked Apples	3 Shepard's Pie: Potatoes, Ground Beef, & Peas, Carrots Dinner Roll Fresh Orange	4 Turkey & Swiss Sandwich Fruit Cup Yogurt Paradise Punch
7 Ham with Scalloped Potatoes Green Beans Dinner Roll Diced Pears	8 Chicken Fajitas with Peppers & Onions Black Beans & Brown Rice Salsa & Shredded Cheese on Tortillas Mixed Fruit	9 Meatloaf Mashed Potatoes Spinach White/Wheat Bread Fresh Orange	10 Chicken & Dumplings Caribbean Vegetable Blend Fresh Apple	11 Stuffed Cabbage in Meat Sauce with Sour Cream Baked Potato Hawaiian Roll Diced Peaches
14 Pesto Chicken & Pasta Zucchini Diced Pears	15 Turkey Cheese Sandwich on Rye Lettuce & Tomato Cream of Tomato Soup Tangerine	16 (special lunch) Oktoberfest! Bratwurst with Sauerkraut Peas & Carrots Rye Bread Chocolate Cake	17 Oven Fried Chicken Corn Seasoned Greens Dinner Roll Fresh Apple	18 Stuffed Pepper Mashed Potatoes 12 Grain Bread Fresh Pear
21 Pierogis with Caramelized Onions Broccoli White/Wheat Bread Fresh Plum	22 Pot Roast with Gravy Mashed Potatoes Carrots Dinner Roll Strawberry Waffle Graham	23 Sausage with Peppers & Onions on a Roll Tater Tots Fresh Apple	24 Tuna Salad on Croissant with Tomato, Lettuce, & Onion Cucumber Salad Mixed Fruit	25 Chicken Florentine with Spinach Cauliflower Dinner Roll
28 Roast Turkey Sweet Potatoes Green Beans White/Wheat Bread Chocolate Chip Cookie	29 General Tso's Chicken Peppers & Onions Brown Rice Fresh Orange	30 (birthday lunch) Breaded Flounder with Tartar Sauce Stewed Tomatoes Mac & Cheese Baked Apples	31 Turkey Chili with Shredded Cheese Baked Potato Corn Muffin Orange	

- For more information about our lunch program, please call City Fare: (302) 421-3734

- Lunch is \$3.00 for those over 60. Special lunches are \$4.00 for those over 60.

- Our meals are ordered in advance. Because of this, the amount of food we have for any given day is based precisely on how many members sign up to eat. You must call or sign up for lunch in person by 11 a.m. the day before. For example, if you want to eat with us on a Wednesday, you have to be signed up by 11 a.m. on Tuesday.

- 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.