




AGING & DISABILITY RESOURCE CENTER

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Suggested Contribution: \$5/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>	<p>1</p> <p>BBQ Pork Rib Cornbread Garden Salad Warm Spiced Peaches String Cheese Lorna Doone Shortbread Cookies</p>	<p>2</p> <p>Cheeseburger Lettuce & Tomato Baked Potato Wedges Stewed Tomatoes Mixed Fruit</p>	<p>3</p> <p>Asian Beef Whole Grain Dinner Roll Vegetable Fried Rice Glazed Carrots Mandarin Oranges</p>	<p>4</p> <p>Bruschetta Chicken Whole Wheat Bread Lentils Italian Vegetable Blend Garden Salad Pudding</p>	
	<p>7</p> <p>Meatballs w/ Gravy Whole Grain Dinner Roll Brown Rice Peas Carrot Raisin Salad Orange</p>	<p>8</p> <p>Brown Sugar Glazed Ham Whole Grain Dinner Roll Mashed Sweet Potatoes Corn Tropical Fruit Vanilla Frosted Spice Cake</p>	<p>9</p> <p>Beef Fajitas Shredded Lettuce & Diced Tomatoes Shredded Cheddar Cheese & Sour Cream Black Beans Applesauce Pudding</p>	<p>10</p> <p>Chicken Noodle Soup w/ Crackers Egg Salad Garden Salad Rice Crispy Treat Fruit Juice</p>	<p>11</p> <p>Chicken Parmesan Whole Grain Dinner Roll Penne Pasta Irish Vegetable Blend Pears Oatmeal Raisin Cookie</p>
	<p>14</p> <p>Chicken Pot Pie Buttermilk Biscuit Garlic Mashed Potatoes Carrots Diced Pears</p>	<p>15</p> <p>Pork Chop Suey Whole Grain Dinner Roll Fried Rice Peas Fruited Gelatin</p>	<p>16</p> <p>Pasta w/ Meat Sauce Breadstick Brussels Sprouts Mixed Fruit Chocolate Chip Cookie</p>	<p>17</p> <p>Turkey w/ Gravy Whole Wheat Bread Mashed Potatoes Green Beans Old-Fashioned Apple Pie Fruit Juice</p>	<p>18</p> <p>Chili Whole Grain Macaroni Cornbread Garden Salad Peaches</p>
	<p>21</p> <p>Tater Tot Casserole Breadstick Irish Vegetable Blend Mandarin Oranges Pudding</p>	<p>22</p> <p>Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Apple Crisp</p>	<p>23</p> <p>Corn Chowder Roast Beef & Provolone Sandwich Cucumber Tomato Salad Fruit Juice</p>	<p>24</p> <p>Honey-Lemon BBQ Chicken Whole Grain Dinner Roll Mashed Sweet Potatoes Sauteed Spinach Coleslaw Vinaigrette Fruit & Grain Cereal Bar</p>	<p>25</p> <p>Italian Sausage on a Bun Onions & Peppers Corn Lentil Bean Salad Warm Spiced Peaches</p>
	<p>28</p> <p>Lasagna Garlic Herb Breadstick Broccoli Peaches & Pears</p>	<p>29</p> <p>Breakfast for Lunch Pancakes w/ Syrup Sausage Patty Hashbrown Apple Cinnamon Coffeecake Warm Glazed Apples</p>	<p>30</p> <p>Sloppy Joe Baked Beans Potato Salad Banana Granola Bar</p>	<p>31</p> <p>Chicken Cordon Bleu Brown Rice Broccoli Apple Coleslaw Pretzels</p>	<p>Happy Halloween!</p> 

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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