# OCTOBER 2013

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act | 1 MANICOTTI W/TOMATO SAUCE ITALIAN BLEND PEARS | 2 CHICKEN CAESAR SALAD W/ TOMATO AND CHEESE WW ROLL APPLESAUCE | 3 SWEDISH MEATBALLS MASHED POTATO BROCCOLI CHOCOLATE PUDDING | 4 HOT DOGS AND BEANS SAUERKRAUT BANANA |
| 7 STUFFED PEPPERS MASHED POTATO WHOLE BABY CARROTS ICE CREAM | 8 FISH AND CHIPS COLE SLAW APPLE | 9 CHICKEN PARM ZITI TOSSED SALAD JELL-O | 10 MEATLOAF W/GRAVY ROASTED POTATO PEAS AND CARROTS COOKIES | 11 MAC AND CHEESE STEWED TOMATOES PEACHES |
| 14 COLUMBUS DAY CLOSED | 15 SALISBURY STEAK W/GRAVY MASHED POTATO GREEN BEANS FRUIT COCKTAIL | 16 CHICKEN FLORENTINE BROWN RICE SPINACH BUTTERSCOTCH PUDDING | 17 EGGPLANT PARM TOSSED SALAD W/DRESSING CAKE W/ FROSTING | 18 TILAPIA ROASTED POTATO BEETS ORANGE |
| 21 BBQ CHICKEN WILD RICE WINTER BLEND SHERBET | 22 AMERICAN CHOP SUEY CAULIFLOWER JELL-O | 23 LEMON PEPPER FISH MASHED POTATO STEWED TOMTATO CITRUS FRUIT | 24 ROAST TURKEY W/GRAVY & CRANBERRY SAUCE STUFFING GREEN BEANS LEMON MERIGUE PIE | 25 BEEF STROGANOFF OVER NOODLES BROCCOLI CRUSHED PINEAPPLE |
| 28 ESTUARY BURGER ON WW BUN BRUSSEL SPROUTS VANILLA BUDDING | 29 BAKE FISH OF THE DAY RICE PILAF CARROT COINS MANDARIN ORANGES | 30 CHICKEN CACCIATORE W/ ONIONS & PEPPERS MASHED POTATO GREEN BEANS BIRTHDAY CAKE | 31 SPAGHETTI AND MEATBALLS TOSSED SALAD DRESSING PEARS | Lunch Cost: Age 60+, $3.00 suggested donation Under Age 60, $12.51 |

**(Menu subject to change without notice)**

**CLINTON – 54 East Main Street        OLD SAYBROOK – 220 Main Street        OLD LYME – 26 Town Woods Road**
**WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, THURSDAYS ONLY**
**RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.**
**THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD**
**8 OZ 1%. MILK MULTI GRAIN BREAD WITHEACH MEAL UNLESS NOTED ABOVE. Condiments served as posted**