

OCTOBER 2011 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Cabbage Mashed Potato Green Beans Ice Cream	4 Chicken Florentine Rice Pilaf Mixed Vegetables Peaches	5 Franks & Beans casserole Carrot Coins Butterscotch Pudding	6 Cheese Rollette w/sauce Italian Blend Vegetables Mandarin Oranges	7 Tilapia Roasted Potatoes Beets Apple
10 Columbus Day Holiday Closed	11 Estuary Burger On whole wheat roll 3-Bean salad Sherbet	12 BBQ chicken Wild Rice Broccoli Pears	13 Fish of the day Sweet Potato Spinach Orange	14 Meatloaf w/gravy Mashed Potato Whole Baby Carrots Apple Pie
17 Manicotti w/sauce Italian Green Beans Crushed Pineapple	18 Chicken Teriyaki Brown Rice Oriental Blend Vegetables Jell-o	19 Swedish Meatballs Egg Noodles Peas & Carrots Chocolate Pudding	20 Turkey Pot Pie with potato & mixed vegetables Cake	21 Tuna Salad Sandwich Banana
24 Lemon Pepper Fish Roasted Potato Carrot Coins Citrus Fruit	25 Salisbury Steak Mashed Potato Stewed Tomatoes Apples	26 Beef Stew w/potato & vegetable Applesauce	27 Roast Turkey w/Gravy Cranberry Sauce Stuffing Green Beans Brownies	28 Chicken Caesar Salad with tomato & cheese Cookies
31 Spaghetti & Meatballs Italian Green Beans Orange Sherbet	Lunch Cost: Age 60+ - \$3.00 suggested donation Under Age 60 - \$6.25.	Lunch is served at Noon. Reservations must be made <u>before 11 am, the day before.</u> 860-388-1611.	<i>Meals are supported by <u>Senior Resources Agency on Aging</u> with Title III funds available under the Older Americans Act.</i>	