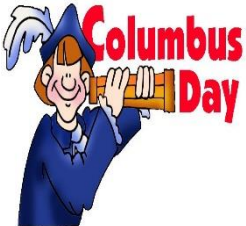


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>HOT MEAL:</b> Baked Cod Loin in a Sweet Basil Sauce, Mashed Sweet Potatoes, Zucchini &amp; Tomatoes, Wheat Dinner Roll</p> <p><b>DELI:</b> Reuben Salad, Sliced Corned Beef, Sauerkraut &amp; 1000 Island Over Romaine Blend Salad and House made Rye Croutons</p> <p><b>DESSERT:</b> Tropical Fruit</p>	<p>2</p> <p><b>HOT MEAL:</b> Meatloaf &amp; Gravy, Roasted Whole Baby Reds, Broccoli, Cornbread Muffin</p> <p><b>DELI:</b> Sliced Turkey &amp; American Cheese on Ciabatta Bun w/ Lettuce &amp; Tomato, Potato Salad</p> <p><b>DESSERT:</b> Pear Slices</p>	<p>3</p> <p><b>HOT MEAL:</b> : Fried Chicken Breast, Whipped Potatoes w/ Chicken Gravy, Green Beans, Italian Roll</p> <p><b>DELI:</b> Creamy Crab &amp; Baby Shrimp Macaroni Salad over Tossed Salad Mix, Tomato Wedges, Crackers</p> <p>Chicken Salad on a Croissant w/ Lettuce &amp; Tomato, Cowboy Caviar</p> <p><b>DESSERT:</b> Banana Muffin Square</p>	<p>4</p> <p><b>HOT MEAL:</b> Italian Goulash with WG Elbow Noodles, Italian Blend Vegetables, Romaine Blend Salad, Vienna Bread</p> <p><b>DELI:</b> Chicken Salad on a Croissant w/ Lettuce &amp; Tomato, Coleslaw</p> <p><b>DESSERT:</b> Diced Peaches</p>	<p>5</p> <p><b>HOT MEAL:</b> Chicken Cordon Bleu w/ Swiss Mornay Sauce, Rosemary Country Diced Potato, California Blend Vegetables, Wheat Berry Roll</p> <p><b>DELI:</b> Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives &amp; Crackers</p> <p><b>DESSERT:</b> Oatmeal Raisin Cookie</p>
<p>8</p> <p><b>Center Closed</b> <b>Happy Columbus Day</b></p>  <p><b>Columbus Day</b></p>	<p>9</p> <p><b>HOT MEAL:</b> BBQ Meatballs, Potato Medley, Mixed Vegetables, Wheat Dinner Roll</p> <p><b>DELI:</b> Tuna Salad on a Croissant w/ Lettuce &amp; Tomato, Cowboy Caviar</p> <p><b>DESSERT:</b> Orange</p>	<p>10</p> <p><b>HOT MEAL:</b> Sliced Roast Beef &amp; Gravy, Mashed Potatoes, Honey Glazed Carrots, Rye Bread</p> <p><b>DELI:</b> Classic Chef Salad w/ Ham, Turkey, American &amp; Swiss Cheese, Diced Egg, Tomatoes over Tossed Salad, Crackers, Grape Juice</p> <p><b>DESSERT:</b> Birthday Cake</p>	<p>11</p> <p><b>HOT MEAL:</b> Sweet &amp; Sour Chicken Breast, Oriental Blend Vegetables, Vegetable Egg Roll, Fortune Cookie, Cinnamon Raisin Bread</p> <p><b>DELI:</b> Roast Beef &amp; Swiss w/ Lettuce &amp; Tomato, on Marble Bread, Broccoli Salad</p> <p><b>DESSERT:</b> Butterscotch Pudding</p>	<p>12</p> <p><b>HOT MEAL:</b> All Beef Chili Dog w/ Cheese on a Wheat Bun, Steak Fries, Corn</p> <p><b>DELI:</b> Turkey Chef Salad, Diced Egg, American Cheese, Tomatoes, Fruit Punch, Cinnamon Raisin Bread</p> <p><b>DESSERT:</b> Pineapple &amp; Strawberries</p>
<p>15</p> <p><b>HOT MEAL:</b> BBQ Chicken Breast on a Wheat Bun, BBQ Baked Beans, Potato Salad</p> <p><b>DELI:</b> Sliced Ham &amp; American Cheese on Wheat w/ Lettuce &amp; Tomato, Potato Salad</p> <p><b>DESSERT:</b> Pear Slices</p>	<p>16</p> <p><b>HOT MEAL:</b> Oven Roasted Pork Loin w/ Gravy, Baked Sweet Potato, Brussel Sprouts, Dinner Roll</p> <p><b>DELI:</b> Roast Beef Chef Salad, Diced Egg, Swiss Cheese, Grape Tomatoes, Romaine Blend Salad, Crackers</p> <p><b>DESSERT:</b> Peanut Butter Cookie</p>	<p>17</p> <p><b>HOT MEAL:</b> Breakfast for Lunch! Hearty Country Gravy w/ Sausage over a Jumbo Wheat Biscuit, Breakfast Potatoes, Orange Juice</p> <p><b>DELI:</b> Fresh Italian Herb Chicken Salad on Pita Bread w/ Lettuce and Tomato, Carrot Raisin Salad</p> <p><b>DESSERT:</b> Banana</p>	<p>18</p> <p><b>HOT MEAL:</b> Seafood Chowder, Garlic &amp; Butter Diced Reds, California Blend Vegetables, Marble Rye Bread</p> <p><b>DELI:</b> Italian Sandwich, Turkey, Ham, Pepperoni, Cheese, Peppers &amp; Red Onions on Vienna Bread, Herb Roasted Potato Salad</p> <p><b>DESSERT:</b> Fruit Crisp</p>	<p>19</p> <p><b>HOT MEAL:</b> Hamburger Patty with Garlic Mushroom Gravy, Scalloped Potatoes, Peas &amp; Pearl Onions, Whole Wheat Bread</p> <p><b>DELI:</b> Grilled Chicken Ranch Salad, Grilled Chicken, American Cheese, Grape Tomatoes &amp; Black Olives over Tossed Salad, Apple Juice</p> <p><b>DESSERT:</b> Mandarin Oranges</p>
<p>22</p> <p><b>HOT MEAL:</b> Swedish Meatballs, Baked Potato, Stewed Tomatoes, Wheat Berry Roll</p> <p><b>DELI:</b> Turkey &amp; Cheddar w/ Lettuce &amp; Tomato on a Wheat Hamburger Bun, Coleslaw</p> <p><b>DESSERT:</b> Strawberry Yogurt Cup</p>	<p>23</p> <p><b>HOT MEAL:</b> Beef Ravioli in Marinara Sauce, Tossed Salad, Italian Blend Vegetables, Breadstick</p> <p><b>DELI:</b> Chicken Caesar Salad w/ Caesar Dressing &amp; House Made Croutons Over Salad Mix, Crackers, Orange Juice</p> <p><b>DESSERT:</b> Cinnamon Apples</p>	<p>24</p> <p><b>HOT MEAL:</b> 10 Grain Fish Filet, Au gratin Potatoes, Glazed Diced Beets, Wheat Dinner Roll</p> <p><b>DELI:</b> Roast Beef &amp; Swiss on Vienna Bread w/ Lettuce &amp; Tomato, Marinated Vegetable Salad</p> <p><b>DESSERT:</b> Fruited Lime Gelatin</p>	<p>25</p> <p><b>HOT MEAL:</b> Taco Joe Sandwich on a Wheat Hamburger Bun, Potato Ole's, Chuck Wagon Corn</p> <p><b>DELI:</b> Classic Chef Salad w/ Ham, Turkey, American Cheese, Tomatoes, Diced Egg over Tossed Salad, Wheat Bread Stick, Grape Juice</p> <p><b>DESSERT:</b> Sliced Apricots</p>	<p>26</p> <p><b>HOT MEAL:</b> Chicken Breast w/ Gravy, Whipped Potatoes, Green Beans, Hearth Roll</p> <p><b>DELI:</b> BLT Supreme Salad w/ Bacon, Turkey, Shredded Cheese, Diced Tomato over Tossed Salad, Crackers, Fruit Punch Juice</p> <p><b>DESSERT:</b> Frosted Brownie</p>
<p>29</p> <p><b>HOT MEAL:</b> Country Fried Steak w/ Gravy, Garlic Whipped Potatoes, Country Blend Vegetables, Vienna Bread</p> <p><b>DELI:</b> Chicken Pasta Salad, Fresh Carrot &amp; Celery Sticks, Peanut Butter Cup, Crackers</p> <p><b>DESSERT:</b> Mandarin Oranges</p>	<p>30</p> <p><b>HOT MEAL:</b> Orange Chicken Stir Fry w/ Lo Mein Noodles, Japanese Blend Veggies, Vegetable Egg Roll, Fortune Cookie</p> <p><b>DELI:</b> Three Meat Hoagie, Turkey, Ham, Roast Beef &amp; American Cheese on a Wheat Hoagie Bun w/ Lettuce &amp; Tomato, Sweet Pepper Slaw</p> <p><b>DESSERT:</b> Strawberry Applesauce</p>	<p>31</p> <p><b>HOT MEAL:</b> Texas Chain Saw Beef &amp; Three Bean Chili, Goblin Carrot Fingers, Ghostly Baby Potato Cakes, Shallow Grave Cornbread, Muffin</p> <p><b>DELI:</b> Teriyaki Chicken Strips, Shredded Carrots &amp; Chow Mein Noodles over Tossed Salad w/ Asian Dressing, Orange Juice, Crackers</p> <p><b>DESSERT:</b> Fruit Salad</p>	<p>Please call before noon to tell us if you would like to have lunch here the next day. Suggested contribution for lunch is \$3.50 for seniors</p>	