



October Lunch Club 60 Menu

Serving Time: 11:30 am
Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals served with milk, bread and margarine.</p> <p>Soup served with crackers.</p>	<p>Funding</p> <p>This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.</p>		<p>BBQ Chicken ¼ Heart Healthy Pasta Vegetable Soup Coleslaw w/Pineapple 12 Grain Bread Gingerbread Cupcake w/Topping</p>	<p>Stuffed Cabbage w/ Sauce Mashed Potatoes Scandinavian Blend Vegetables Rye Bread Butterscotch Pudding</p>
<p>Chicken Burrito Rice Bowl w/ Lettuce, Tomato, Salsa & Sour Cream Mexican Bean Soup Tortilla Mandarin Oranges</p>	<p>Eggplant Roll Up w/Sauce Romaine Spinach Salad w/ Italian Dressing Italian Blend Vegetables Italian Bread Fruit Cocktail</p>	<p>Hot Roast Beef Sandwich on Wheat Bread w/ Gravy Tomato Florentine Soup Mixed Vegetables Petite Banana</p>	<p>CSC Breakfast Today Individual Ham Loaf w/ Sauce Mashed Sweet Potatoes Cauliflower 12 Grain Bread Pears</p>	<p>Flameburger w/ Lettuce, Tomato & Onion on Bun Chicken Vegetable Soup Brussels Sprouts Fresh Apple</p>
<p>Meat Lasagna Broccoli Wax Beans Italian Bread Peaches</p>	<p>Salisbury Steak w/Mushroom Sauce Scalloped Potatoes Mashed Winter Squash Rye Bread Pineapple</p>	<p>Chicken ala King over Warm Biscuit Carrots Brussels Sprouts Mixed Fruited Gelatin w/ Whipped Topping</p>	<p>Sloppy Joes on Bun Turkey Vegetable Soup California Blend Vegetables Petite Banana</p>	<p>Breaded Haddock Tossed Lettuce Salad w/ Italian Dressing Red Jacketed Potatoes Wheat Bread Mandarin Oranges</p>
<p>Chicken Cordon Bleu Minestrone California Blend Vegetables 12 Grain Bread Lemon Pudding</p>	<p>Mild Chili Tossed Lettuce Salad w/ Ranch Dressing Wax Beans Oyster Crackers Pears</p>	<p>Stuffed Pepper w/ Sauce Potato Leek Soup Italian Blend Vegetables Wheat Bread Fresh Orange</p>	<p>Beef Stew over Biscuit Orange Juice Tossed Lettuce Salad w/French Dressing Spinach Fruit Cocktail</p>	<p>BBQ Chicken ¼ Coleslaw w/Pineapple Baked Beans Corn Muffin Applesauce</p>
<p>Potato Crusted Tilapia Grape Juice Beef Vegetable Soup Peas Wheat Bread Apricots</p>	<p>Macaroni & Cheese Stewed Tomatoes Green Beans 12 Grain Bread Mandarin Oranges</p>	<p>Braised Pork Chop w/ Gravy Mashed Potatoes Brussels Sprouts Rye Bread Fresh Apple</p> <p>*Cupcakes*</p>	<p>Rosemary Oven Browned Chicken ¼ Au Gratin Potatoes Broccoli Wheat Bread Oatmeal Raisin Cookie</p>	<p>No Lunch</p> <p>Adult Halloween Party</p>