

Community Action Senior Home Delivery Menu - October 2012

Monday		Wednesday		Friday
October 1, 2012		October 3, 2012		October 5, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Black Bean Soup Nacho Chips Cottage Cheese Salad Greens/Dressing Mango		Meatball Sub w/ Marinara Sauce & Cheese Mustard Potato Salad Italian Vegetables Grapes	Breaded Chicken Tenders Potato Wedges Cole Slaw Cinnamon Streusel	Baked Fish Wild Rice Seasoned Spinach Cucumber & Tomato Salad Pears
October 8, 2012		October 10, 2012		October 12, 2012
<i>Hot Meal</i>	<i>Cold Meal - Friday October 5</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
COLUMBUS DAY!!! Agency Closed No Meal Service Two Meals will be served Friday October 5	Creamy Chicken Salad Whole Grain Crackers Green Bell Pepper Slices Roasted Carrots Strawberries in Jell-O	Beef Tips & Gravy Over Whole Wheat Noodles Squash Seasoned Spinach Mandarin Oranges	Mexican Chicken Brown Rice Black Beans Calico Corn Cinnamon Applesauce	Meat Loaf AuGratin Potatoes Cooked Cabbage Strawberries & Angel Food Cake
October 15, 2012		October 17, 2012		October 19, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Spaghetti w/ Italian Sausage & Marinara Sauce Italian Vegetables Lettuce Salad/Dressing Pears	Chicken & White Bean Chili Corn Bread Glazed Carrots Grapes	Chicken Fajitas w/ Peppers & Onions 2 Whole Grain Tortillas Creamed Corn Tropical Fruit	Baked Ham Cheesy Potatoes Brussel Sprouts Whole Grain Roll Pineapple	Breakfast Sandwich (Whole Grain English Muffin, Egg, Cheese, Canadian Bacon) Stewed Tomatoes Orange Juice
October 22, 2012		October 24, 2012		October 26, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Salisbury Steak Baked Potato Roasted Broccoli & Cauliflower Pumpkin Pie	Pork Roast Mashed Potatoes & Gravy Roasted Asparagus Whole Wheat Roll Cherry Crisp	Open Faced Roast Beef Sandwich Mashed Potatoes & Gravy 3 Bean Medley Cranberry Juice	Turkey Tetrazzini Spiral Noodles Carrot & Celery Sticks Salad Greens/Dressing Apricots	Agency Closed. No Meal Service Service will Resume Monday October 29, 2012
October 29, 2012		October 31, 2012		
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Cod Herb Brown Rice Roasted Squash Creamed Spinach Fruit Salad	Pigs in a Blanket Baked Beans Marinated Cucumbers & Onions Orange	Chili w/ Meat & Beans Corn Bread Creamed Corn Grape Salad HALLOWEEN TREAT!!!	Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Asparagus Baked Cinnamon Apple Slices	Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.

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