

MENU – OCTOBER 2020

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GREETINGS FROM THE SENIOR RESOURCE CENTER</p>		<p>CONTRIBUTIONS ARE ALWAYS WELCOME</p>	1 Scampi Grilled Chicken Breast Sour Cream Chive Mashed Potatoes Steamed Broccoli Soft Roll Pineapple Tidbits	2 BBQ Meatballs Macaroni and Cheese California Vegetable Mix Soft Roll Peaches
5 Italian Sausage with Peppers and Onions Brown Rice Green Beans Soft Roll Peaches	6 Lemon Pesto Chicken Breast Peas and Carrots Penne Pasta Soft Roll Pineapple Tidbits	7 BBQ Pulled Pork Yams Lima Beans Soft Roll Fruit Cocktail	8 Meatloaf with Brown Gravy Mashed Potatoes Cooked Cabbage Soft Roll Pears	9 Fried Chicken Macaroni and Cheese Collard Greens Soft Roll Peaches
12 Chicken Meatball Stroganoff Over Egg Noodles Beets Soft Roll Pears	13 Sliced Ham Yams Steamed Broccoli Soft Roll Brown Sugar Apples	14 Hamburger Steak in Brown Gravy Mashed Potatoes Turnip Greens Soft Roll Peaches	15 Hawaiian Chicken BBQ Yellow Rice Brown Sugar Carrots Soft Roll Pineapple Tidbits	16 Stuffed Pepper Casserole Green Beans Soft Roll Pears
19 Pork Chop with Mushroom Gravy over Rice Green Beans Soft Roll Fruit Cocktail	20 Baked Spaghetti Vegetable Blend Soft Roll Sliced Pears	21 Chicken and Dumplings Lima Beans Soft Roll Peaches	22 Cuban Picadillo Beef Black Beans Brown Rice Soft Roll Brown Sugar Apples	23 Cajun Chicken Pasta Steamed Broccoli Soft Roll Pineapple Tidbits
26 Beer Battered Cod on Bun Cajun Pinto Beans Broccoli Strawberry Applesauce	27 Roasted Turkey in Gravy Stuffing Steamed Carrots Soft Roll Brown Sugar Apples	28 Shredded Roast Beef in Gravy over Rice Green Peas Soft Roll Tropical Fruit	29 Scampi Grilled Chicken Breast Sour Cream Chive Mashed Potatoes Steamed Broccoli Soft Roll Pineapple Tidbits	30 BBQ Meatballs Macaroni and Cheese California Vegetable Mix Soft Roll Peaches

