

Menu for October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Baked Fish Baked Beans Green Beans Roll Oranges</p>	<p>2 Pasta with Alfredo Sauce with Vegetables over Grilled Chicken Roll Pudding</p>	<p>3 Sweet & Sour Meatballs Rice Mixed Vegetables Pineapple Roll</p>	<p>4 Lasagna with Meat Sauce Peas Garlic Bread Peaches</p>	<p>5 Pizza \ French Fries Pears</p>
<p>8 COLUMBUS DAY CENTER CLOSED</p> 	<p>9 Hot Dogs Baked Beans Veggie Pasta Cookie</p>	<p>10 Chicken Pot Pie on a Biscuit Mint Mousse</p>	<p>11 Hamburger with Lettuce, Tomato, Onion, Cheese French Fries Gelatin</p>	<p>12 Catch of the Day Fish Coleslaw Tater Tots Apple Slices</p>
<p>15 Grilled Chicken over Ziti Sweet Peas Breadstick Fruit Cup</p>	<p>16 Eggplant Parmesan Green Beans Roll Pudding</p>	<p>17 Shepherd's Pie Garden Salad Roll Peaches</p>	<p>18 BBQ Ribs Potato Wedge Coleslaw Apple</p>	<p>19 Baked Fish Rice Pilaf Mixed Vegetable Roll Pears</p>
<p>22 Chicken Over Rice with Gravy Mixed Vegetables Roll Peaches</p>	<p>23 Stuffed Shells Cucumber Tomato salad Roll Fruit Cocktail</p>	<p>24 Sausage Dog with Onions Potato Salad Roll Pears</p>	<p>25 VETS BREAKFAST Turkey Mashed Potatoes Gravy Carrots Corn Bread</p>	<p>26 Pizza Applesauce Corn Cookie</p>
<p>29 Spaghetti & Meatballs Garlic Bread Gelatin</p>	<p>30 Breaded Chicken Sandwich with Bacon Lettuce Tomato French Fries Apple Sauce</p>	<p>31 HALLOWEEN Bloody Meatloaf Ghostly Mashed Potatoes Ghoulish Gravy Peas Graveyard Pudding</p>		

Tuesday and Thursday in the Café: Soup, salad, sandwiches & baked goods for sale.

All meals include milk & margarine. **MENU SUBJECT TO CHANGE WITHOUT NOTICE.** Suggested donation is \$2.50 per meal; under age 60, cost is \$4.50. Coffee is available for 50¢/cup. This program has been made possible in part by funding from Older Americans Act as granted by Elder Services of the Merrimack Valley.