

## Nutrition Program Menu October 2023

Occasionally, it is necessary to make changes in the menus. All meals are served with milk. Please call the meal site for reservations by 12:30pm at least one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled Chicken Breast Rice Pilaf Peas & Carrots Fruited Dessert	3  <b>MEAL SITES CLOSED DUE TO TRAINING No Home Delivered Meals</b>	4 Roast Beef Mashed Sweet Potatoes Green Beans Wheat Bread Cookie	5 Pork Ribs w/Kraut Parsley Buttered Potatoes Baked Beans Mandarin Oranges Wheat Bread	6 Chicken Casserole Broccoli Buds Coleslaw Wheat Dinner Roll Lemon Bar
9 Pork Tenderloin Medallions Mashed Potatoes w/Gravy Capri Blend Vegetables Cookie	10 Grilled Brat on a Bun w/Sauer Kraut Baked Beans Potato Salad Watermelon	11 Baked Chicken Dressing w/Gravy Carrots Strawberry Rhubarb Pie	12 Ham, Broccoli Rice Casserole Creamed Corn Tropical Fruit Wheat Bread	13 Baked Cod Baked Sweet Potatoes Pea's Coleslaw Wheat Bread
16 Meatloaf Augratin Potatoes Green Beans BB Brownie Wheat Bread	17 Spaghetti w/Meatballs Tossed Salad Pears Garlic Bread	18 Chicken Ala King w/Vegetables Biscuit Apple Pie	19 Hamburger Stroganoff Casserole Peas & Carrots Fruit Cocktail Chef's Choice Dessert	20 Hearty Chicken & Bean Soup Peaches Wheat Dinner Roll
23 Cube Steak w/Diced Tomatoes Fried Potatoes Green Beans Wheat Bread Scotch-A-Roo	24 Turkey Tetrizzini w/Broccoli Carrots 3-Bean Salad Fruit Salad Cookie	25 Salisbury Steak Mashed Potatoes w/Gravy Vegetables Wheat Bread Frosted Birthday Cake	26 Liver-N-Onions Cheesy Hash Browns Italian Blend Vegetables Tropical Fruit Cookie Wheat Bread	27 Tuna Casserole Baby Carrots Yogurt Parfait
30 Ground Round Steak Mashed Potatoes w/Mushroom Gravy Vegetables Pudding Cup	31 Goulash Goulash w/Beans Tossed Salad Creamed Corn Creepy Cookie	<p><b><u>Richland Center Meal Site</u></b> Serves at 11:45am Mon.- Fri. (Congregate or Carry-Out) For Reservations please call by 12:30pm the day before Tina/Sandi (608) 647-2323; M-W-F (Home Delivered) Call (608) 647-4616</p> <p><b><u>Germantown Meal Site</u></b> – (Home Delivered) Monday, Wednesday &amp; Thursday; (Congregate) 11:15am Wednesday Only – Rita Connors (608) 983-2798</p> <p><b><u>Rockbridge Meal Site</u></b> – Serves at 11:30am M-W-F – For Reservations please call by 12:30pm the day before Norma (608) 647-3900 or Leave a message at (608) 649-3269</p>		

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.