


OGDEN SENIOR CENTER NUTRITIONAL MENU October-18

<p>MONDAY 1</p> <p>Macaroni & Cheese Broccoli Stewed Tomatoes Italian Bread Fruit Cocktail</p>	<p>WEDNESDAY 3</p> <p>Open-Faced Hot Roast Beef Sandwich on Wheat Bread w/Gravy Fresh Mashed Potatoes Peas Pineapple</p>	<p>FRIDAY 5</p> <p>Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Mixed Vegetables Dinner Roll Peaches</p>
<p style="text-align: right;">8</p> <p>Stuffed Cabbage w/Sauce Fresh Mashed Potatoes Green Beans Pumpnickel Bread Applesauce</p>	<p style="text-align: right;">10</p> <p>Chicken ala King over Biscuit Carrots Spinach Mandarin Oranges</p>	<p><u>Octoberfest</u> 12</p> <p>Knockwurst on Bun w/Mustard Steamed Potatoes Green Beans Apple Juice Snickerdoodle Cookie</p>
<p style="text-align: right;">15</p> <p>Chicken Cordon Bleu Fresh Mashed Potatoes w/Gravy Broccoli Wheat Bread Peaches</p>	<p style="text-align: right;">17</p> <p>Potato-Crusted Tilapia w/Tartar Sauce Coleslaw w/o Pineapple Peas Marble Rye Bread Fruit Cocktail</p>	<p style="text-align: right;">19</p> <p>Veggie Meatballs Pasta & Sauce Tossed Lettuce Salad w/Italian Dressing Wax Beans Italian Bread Mandarin Oranges</p>
<p style="text-align: right;">22</p> <p>BBQ Pulled Pork served over Baked Potato Coleslaw w/Pineapple Rye Bread Pears</p>	<p style="text-align: right;">24</p> <p>Broccoli Cheese Quiche Green Beans Cauliflower 12-Grain Bread Petite Banana <i>32 cupcakes</i></p>	<p style="text-align: right;">26</p> <p>Fajita Chicken w/Rice, Cheese, Lettuce, Tomato, Salsa & Sour Cream on Tortilla Vegetable Soup Mandarin Oranges</p>
<p style="text-align: right;">29</p> <p>Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Carrots Wheat Bread Apricots</p>	<p style="text-align: right;">31</p> <p><u>HAPPY HALLOWEEN</u></p> <p>Chicken Fingers w/BBQ Sauce Mashed Sweet Potatoes Broccoli Wheat Dinner Roll Spooky Cookie</p>	 <p><i>All meals served with milk, bread, and butter. Soup served with crackers.</i></p>

Monroe County Dept of HS/Office for the Aging

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