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| **October 2017 Menu**  Menu items are subject to change due to availability of food items. Items with \*\* contain pork or pork products. | | | | |
| **MONDAY** | **TUESDAY** | WEDNESDAY | **THURSDAY** | **FRIDAY** |
| **2nd**  Chicken Alfredo w/ Fettuccine  Chopped Spinach  Four-Way Mix  Whole Grain Pasta  Sliced Pears  **Chef’s Special:**  Breaded Catfish w/ Fries | **3rd**  Open Face Turkey Sandwich  Sliced Beets  Cauliflower  Whole Grain Bread  Fresh Orange  **Chef’s Special:**  Soup & Salad Bar | **4th**  Ham Steak\*\*  Baked Yams  Green Bean  Whole Grain Roll  Peach Halves  **Chef’s Choice** | **5th**  Cheese Manicotti  Garden Salad  Broccoli  Whole Grain Roll  Pineapple Tidbits  **Chef’s Special:**  Chili Cheeseburger | **6th**  Baked Tilapia  Peas & Carrots  Brussel Sprouts  Whole Rain Roll  Chocolate Pudding  **Chef’s Special:**  Honey Stung Chicken |
| **9th**  Sweet & Sour Pork\*\*  Whole Grain Rice  Oriental Blend  Sliced Carrots  Fresh Plum  **Chef’s Special:**  Chicken Lettuce Wraps | **10th**  Shepherd’s Pie  Mashed Potatoes  Normandy Blend  Whole Grain Roll  Apple Slices  **Chef’s Special:**  Soup & Salad Bar | **11th**  Chicken Marsala  Italian Blend  Roasted Tomato  Whole Grain Roll  Ambrosia  **Chef’s Choice** | **12th**  BBQ Ribette Sandwich\*\*  Sweet Corn  Sweet Potato Fries  Whole Grain Bun  Mandarin Oranges  **Chef’s Special:**  Fish Sandwich w/ Cheese | **13th**  Spinach Mushroom Quiche  Peas  Diced Carrots  Whole Grain Roll  Seasonal Fruit  **Chef’s Special:**  Potato Bar |
| **16th**  Chicken Parmesan  Wax Beans  Brussel Sprouts  Whole Grain Roll  Vanilla Pudding w/ Raisins  **Chef’s Special:**  Calzone\*\* | **17th**  Tuna Salad Plate  Three Bean Salad  Beet Salad  Whole Grain Roll  Watermelon  **Chef’s Special:**  Soup & Salad Bar | **18th**  Beef Taco  Refries Beans  Brown Spanish Rice  Whole Wheat Tortilla  Mango  **Chef’s Choice** | **19th**  Chicken Stroganoff w/ Egg Noodles  Spinach  Baby Carrots  Whole Grain Roll  Banana  **Chef’s Special:**  Hungarian Goulash | **20th**  Bratwurst w/ Sauerkraut\*\*  French Fries  Roasted Corn  Whole Wheat Bun  Pineapple  **Chef’s Special:**  Potato Bar |
| **23rd**  Glazed Honey Ham\*\*  Yams  Green Beans  Whole Grain Roll  Fruit Cocktail  **Chef’s Special:**  Turkey Wrap | **24th**  **Birthday Celebration**  Pepper Steak  Oriental Blend  Sliced Carrots  Whole Grain Roll  Birthday Cake | **25th**  Breaded Catfish  Spinach  California Blend  Whole Grain Roll  Cherry Crisp  **Chef’s Choice** | **26th**  Cheese Tortellini w/ Marinara Sauce  Peas & Onions  Yellow Squash  Whole Grain Roll  Red Apple  **Chef’s Special:**  Meatloaf w/ Gravy | **27th**  BBQ Chicken Thighs  Garlic Mashed Potatoes  Brussel Sprouts  Whole Grain Roll  Sliced Pears  **Chef’s Special:**  Pizza Bar |
| **30th**  Beef Lasagna  Zucchini/Squash  Peas w/ Pimentos  Whole Grain Breadstick  Peaches  **Chef’s Special:**  BBQ Baby Back Rib | **31st**  **Halloween**  Hamburger  French Fries  Baked Beans  Whole Grain Bun  Cantaloupe  **Chef’s Special:**  Soup & Salad Bar | East Valley Adult Resources provides daily lunches to eligible participants Monday through Friday at 11:30am at both of our Active Adult Centers. The suggested contribution is $3.50 per meal, though no older adult will be denied a meal because of their inability or unwillingness to pay. The Congregate Meal Program provides nutritionally-balanced meals, nutrition education, and nutrition screening to qualified individuals and their spouses, and encourages socialization and better health. Reservations are requested. *East Valley Adult Resources, Inc. is funded in part by Area Agency on Aging - Region One.* | | |