|  |
| --- |
| **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/ FettuccineChopped SpinachFour-Way MixWhole Grain PastaSliced Pears**Chef’s Special:**Breaded Catfish w/ Fries | **3rd**Open Face Turkey SandwichSliced BeetsCauliflowerWhole Grain BreadFresh Orange**Chef’s Special:**Soup & Salad Bar | **4th**Ham Steak\*\*Baked YamsGreen BeanWhole Grain RollPeach Halves**Chef’s Choice** | **5th**Cheese ManicottiGarden SaladBroccoliWhole Grain RollPineapple Tidbits**Chef’s Special:**Chili Cheeseburger | **6th**Baked TilapiaPeas & CarrotsBrussel SproutsWhole Rain RollChocolate Pudding**Chef’s Special:**Honey Stung Chicken |
| **9th**Sweet & Sour Pork\*\*Whole Grain RiceOriental BlendSliced CarrotsFresh Plum**Chef’s Special:**Chicken Lettuce Wraps | **10th**Shepherd’s PieMashed PotatoesNormandy BlendWhole Grain RollApple Slices**Chef’s Special:**Soup & Salad Bar | **11th**Chicken MarsalaItalian BlendRoasted TomatoWhole Grain RollAmbrosia**Chef’s Choice** | **12th**BBQ Ribette Sandwich\*\*Sweet CornSweet Potato FriesWhole Grain BunMandarin Oranges**Chef’s Special:**Fish Sandwich w/ Cheese | **13th**Spinach Mushroom QuichePeasDiced CarrotsWhole Grain RollSeasonal Fruit**Chef’s Special:**Potato Bar |
| **16th**Chicken ParmesanWax BeansBrussel SproutsWhole Grain RollVanilla Pudding w/ Raisins**Chef’s Special:**Calzone\*\* | **17th**Tuna Salad PlateThree Bean SaladBeet SaladWhole Grain RollWatermelon**Chef’s Special:**Soup & Salad Bar | **18th**Beef TacoRefries BeansBrown Spanish RiceWhole Wheat TortillaMango**Chef’s Choice** | **19th**Chicken Stroganoff w/ Egg NoodlesSpinachBaby CarrotsWhole Grain RollBanana**Chef’s Special:**Hungarian Goulash | **20th**Bratwurst w/ Sauerkraut\*\*French FriesRoasted CornWhole Wheat BunPineapple**Chef’s Special:**Potato Bar |
| **23rd**Glazed Honey Ham\*\*YamsGreen BeansWhole Grain RollFruit Cocktail**Chef’s Special:**Turkey Wrap | **24th****Birthday Celebration**Pepper SteakOriental BlendSliced CarrotsWhole Grain RollBirthday Cake | **25th**Breaded CatfishSpinachCalifornia BlendWhole Grain RollCherry Crisp**Chef’s Choice** | **26th**Cheese Tortellini w/ Marinara SaucePeas & OnionsYellow SquashWhole Grain RollRed Apple**Chef’s Special:**Meatloaf w/ Gravy | **27th**BBQ Chicken ThighsGarlic Mashed PotatoesBrussel SproutsWhole Grain RollSliced Pears**Chef’s Special:**Pizza Bar |
| **30th**Beef LasagnaZucchini/SquashPeas w/ PimentosWhole Grain BreadstickPeaches**Chef’s Special:**BBQ Baby Back Rib | **31st****Halloween**HamburgerFrench FriesBaked BeansWhole Grain BunCantaloupe**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.* |