




October Congregate Cold Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL | 3 TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL | 4 EGG SALAD ON GREENS W/ TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL | 5 CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS | 6 TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN |
| 9 <i>Columbus Day</i> ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES | 10 CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS*** WHOLE GRAIN ROLL | 11 SPICY CHICKEN WRAP ON LAWASH BREAD THREE BEAN SALAD CRUSHED PINEAPPLE | 12 CHICKEN CHEDDAR SALAD TROPICAL FRUIT VANILLA YOGURT APPLE SPICE MUFFIN RANCH DRESSING PKT | 13 GRILLED CHICKEN PASTA SALAD MANDARIN ORANGES KIDNEY BEAN SALAD WHOLE GRAIN ROLL |
| 16 ISLAND CRAB PASTA SALAD FRUIT YOGURT W/ GRANOLA MANDARIN ORANGES WHOLE GRAIN ROLL | 17 PEPPERONI PASTA COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL | 18 TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL | 19 TUNA SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL | 20 TURKEY AND SWISS ON WHEAT BUN LEAF LETTUCE MANDARIN ORANGES PICKLED BEETS |
| 23 WHOLE WHEAT BAGEL VEGETABLE CREAM CHEESE BABY CARROTS MANDARIN ORANGES BLACK EYED PEA SALAD | 24 <i>United Nations Day</i> CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL | 25 HONEY HAM AND CHEDDAR WHEAT BUN, LEAF LETTUCE POTATO SALAD PEARS | 26 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL | 27 CRAB AND DILL PASTA SALAD CAULIFLOWER SALAD MARINATED TOMATOES BANANA NUT CRUMB MUFFIN |
| 30 COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CRISPY RICE NOODLES | 31 <i>Halloween</i> ASIAN SEAFOOD SALAD CARROT AND RAISIN*** MIXED FRUIT WHOLE GRAIN ROLL | |  | |



Each meal meets the new A.A.A. approved nutritional guidelines.
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

Senior Services

