




# October Congergate Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> COUNTRY FRIED CHICKEN MASHED POTATOES / GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	<b>3</b> HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>4</b> CHICKEN AND RICE CASSEROLE SAUTEED CARROTS CINNAMON APPLES WHOLE GRAIN ROLL	<b>5</b> CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	<b>6</b> SESAME CHICKEN AND RICE WAX BEAN AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES
<b>9</b> <i>Columbus Day</i> HEARTY BEEF STEW STEWED TOMATOES ESCALLOPED APPLES BUTTERMILK BISCUIT	<b>10</b> HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP WHOLE GRAIN ROLL	<b>11</b> PORK ROAST W/ ONION GRAVY MASHED POTATOES CORN, PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	<b>12</b> SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN	<b>13</b> BEEF AND BROCCOLI STIR FRY WHITE RICE FAR EAST VEGETABLE BLEND POACHED PEARS CHOW MEIN NOODLES
<b>16</b> CHICKEN PARMESAN LINGUINE MARINARA BRUSSELS SPROUTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>17</b> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL	<b>18</b> HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	<b>19</b> LASAGNA W/ ITALIAN SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>20</b> CHICKEN FLORENTINE PASTA SAUTEED CARROTS PEACH CRISP WHOLE GRAIN ROLL
<b>23</b> CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	<b>24</b> <i>United Nations Day</i> VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY, CHERRY CRISP WHOLE GRAIN ROLL	<b>25</b> COUNTRY FRIED CHICKEN MASHED POTATOES / GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	<b>26</b> TEXAS CHILI WAX BEANS AND PEPPERS BANANA BREAD PUDDING CORNBREAD MUFFIN	<b>27</b> BLACKENED TALAPIA FILLET SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN
<b>30</b> DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL	<b>31</b> <i>Halloween</i> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE 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

