




October Centre Care Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 COUNTRY FRIED CHICKEN W/ GRAVY MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	3 HUNGARIAN GOULASH TOSSED SALAD W/ DRESSINGS FRESH CUT FRUIT WHOLE GRAIN ROLL	4 CHICEKN AND RICE CASSEROLE ROASTED BABY CARROTS FREASH CUT FRUIT WHOLE GRAIN ROLL	5 CHEF SALAD WITH HAM TURKEY AND CHEESE COTTAGE CHEESE RED FLAME GRAPES WHOLE GRAIN ROLL	6 GRILLED CHEESE ON TEXAS TOAST CREAMY TOMATO SOUP FRESH FRUIT TOSSED SALAD WHOLE WHEAT CRACKERS
9 <i>Columbus Day</i> HEARTY BEEF STEW TOSSED SALAD / DRESSINGS FRESH FRUIT WHOLE GRAIN ROLL	10 MUSHROOM BARLEY SOUP CEASAR SALAD WITH CHICKEN CHERRY CRISP WITH ICE CREAM WHOLE GRAIN ROLL	11 PORK ROAST WITH GRAVY MASHED POTATOES CORN, PEAS, AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	12 SPINACH QUICHE PORK SAUSAGE LINKS CINNAMON APPLES FRUIT MUFFIN	13 CHEESEBURGER HAMBURGER BUN POTATO SALAD BANANA PUDDING LETTUCE AND TOMATO
16 CHICKEN PARMESAN LINGUINE MARINARA CEASAR SALAD WARM CINNAMON APPLES WHOLE GRAIN ROLL	17 MACARONI AND CHEESE STEAMED BROCCOLI OATMEAL CAKE BAKE WHOLE GRAIN ROLL	18 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	19 LASAGNA WITH ITALITAN SAUSAGE TOSSED SALAD WITH DRESSINGS FRESH CUT FRUIT WHOLE GRAIN ROLL	20 CHICKEN FLORENTINE PASTA ROASTED BABY CARROTS PEACH CRISP WITH WHIPPED CREAM WHOLE GRAIN ROLL
23 HAM AND CHEDDAR CROISSANT PASTA SALAD FRESH CUT FRUIT PEACH COBBLER WITH ICE CREAM	24 <i>United Nations Day</i> GRILLED CHICKEN BREAST CEASAR SALAD BLUEBERRY CHERRY CRISP WITH ICE CREAM WHOLE GRAIN ROLL	25 COUNTRY FRIED CHICKEN MASHED POTATOES WITH GRAVY SWEET CORN PUMPKIN CUPAKES WHOLE GRAIN ROLL	26 TEXAS CHILI WAX BEANS AND PEPPERS PUMPKIN CUPCAKES CORNBREAD MUFFIN	27 FRIED TALAPIA COLESLAW WATERMELON HOMEMADE TARTAR SAUCE HUSH PUPPIES
30 TENDER CHICKEN THIGHS COLD PEANUT NOODLES ASIAN CABBAGE SLAW COLD PEANUT NOODLES CRISPY RICE NOODLES	31 <i>Halloween</i> MACARONI AND CHEESE GREEN BEANS AND CARROTS 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

