



Senior Nutrition Program **October 2009**

Mon	Tue	Wed	Thu	Fri
			1 Meatloaf Mashed Potatoes Spinach Roll Fruit	2 Crab Cakes Rice Pilaf Vegetable Blend Roll Berry Shortcake
5 Ivar's Clam Chowder 1/2 Tuna Sandwich Green Salad Fruit	6 Chili Stuffed Potato Green Beans Corn bread Fruit Salad	7 Minestrone Soup Lemon Chicken Fruit Pudding	8 BBQ Pork Brown Rice Vegetable Blend Roll Mango & Pineapple	9 Hot Turkey Sandwich Mashed Potatoes Broccoli Fruit
12 Columbus/Italian Day Chicken Cacciatore Zucchini & Onions Roll Fruit	13 Lemon Pepper Fish Baked Potato Coleslaw Roll Fruit Crisp	14 Broccoli Cheese Soup Egg Salad Sandwich Fruit	15 Herb Chicken Roasted Potatoes Vegetable Blend Roll Mixed Fruit	16 Happy Birthday Baked Ham Macaroni & Cheese Mixed Vegetables Fruit
19 Roast Beef Au Gratin Potatoes Mixed Vegetables Roll Fruit	20 October Fest Bratwurst & Sauerkraut German Potato Salad Rye Bread Vegetable Blend Baked Apple	21 Vegetable Soup Roast Beef Sandwich Fruit	22 Salmon Patty Wild Rice Mixed Vegetable Roll, Fruit Baked Custard	23 Roast Turkey Sweet Potatoes Vegetable Blend Waldorf Salad Roll
26 Cheese Omelet Potatoes O'Brien Tomato Cucumber Salad Bran Muffin Fruit Medley	27 Egg Rolls Chicken Rice Asian Blend Vegetables Mandarin Orange	28 Split Pea Soup Ham Croissant Tomato Slices Fruit	29 Creamed Chicken Over Biscuits Green Beans Fruit	30 Halloween Party Sheppard's Pie Coleslaw Roll

For reservations, call (360) 829-2095 OR (253) 474-1200.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.
Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.