

October 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#1 Week 1 of Fall Menu Cycle

- 10/2/2023 **M** Beef Stroganoff with Pasta, Peas & Carrots, Orange, Juice Cup, Cookie, Milk
- 10/3/2023 **Tu** Chicken Tacos w/Sour Cream, Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
- 10/4/2023 **W** Pulled Pork with Barbecue Sauce & Roll, Cole Slaw, Applesauce, Milk
- 10/5/2023 **Th** Turkey Chef Salad w/Mixed Greens, Diced Tomatoes & Dressing, Pineapple, Chickpea Salad, Crackers, Milk
- 10/6/2023 **F** Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Dressing, Corn Muffin, Cookie, Milk

#2

- 10/9/2023 **M** COA Closed - Columbus Day Observed
- 10/10/2023 **Tu** No Home Delivered Meals on Monday, 10/09/2023
- 10/11/2023 **W** Roasted Stuffed Chicken, White/Wild Rice Blend, Diced Carrots, Pears, Juice, Cookie, Milk
- 10/12/2023 **Th** Tuna Salad Sandwich w/Lettuce & Tomato, Black Bean Pepper Salad, Mandarin Oranges, Milk
- 10/13/2023 **F** Pasta w/Meat Sauce, Spinach Salad w/Grape Tomatoes & Dressing, Apple Slices, Bread & Butter, Juice, Milk

#3

- 10/16/2023 **M** Roasted Pork Loin, Au Gratin Potatoes, Kale, Roll & Butter, Juice, Cookie, Milk
- 10/17/2023 **Tu** Chicken Caesar Salad w/Mixed Greens & Dressing; Lentil Salad, Peaches, Roll & Butter, Juice, Milk
- 10/18/2023 **W** Chicken Fajitas w/Salsa, Sour Cream, Red Peppers, Tortillas, Mexican Rice, Peaches, Juice, Milk
- 10/19/2023 **Th** Salmon Salad on Mixed Greens w/Dressing, Confetti Corn Salad, Crackers, Orange, Juice Cup, Milk
- 10/20/2023 **F** Beef-a-Roni Pasta, Green Beans, Applesauce, Roll & Butter, Juice Cup, Milk

#4

- 10/23/2023 **M** Chicken Pot Pie w/Potatoes, Mixed Vegetables & Biscuit; Banana, Juice Cup, Cookie, Milk
- 10/24/2023 **Tu** Sliced Ham Sandwich w/Condiment Packs, Citrus Carrot Salad, Pineapple Tidbits, Juice Cup, Milk
- 10/25/2023 **W** Hamburger w/Lettuce, Tomato, Onion, Condiment Packs; Baked Beans, Sliced Apples, Juice, Milk
- 10/26/2023 **Th** Greek Chicken Spinach Salad w/Dressing, Pasta Salad, Roll & Butter, Orange, Milk
- 10/27/2023 **F** Breaded Pollack Fish w/Tartar Sauce, Harvard Beets, Brussel Sprouts, Cantaloupe, Bread & Butter, Cookie, Milk

#1

- 10/30/2023 **M** Beef Stroganoff with Pasta, Peas & Carrots, Orange, Juice Cup, Cookie, Milk
- 10/31/2023 **Tu** Chicken Tacos w/Sour Cream, Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
- 11/1/2023 **W** Pulled Pork with Barbecue Sauce & Roll, Cole Slaw, Applesauce, Milk
- 11/2/2023 **Th** Turkey Chef Salad w/Mixed Greens, Diced Tomatoes & Dressing, Pineapple, Chickpea Salad, Crackers, Milk
- 11/3/2023 **F** Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Dressing, Corn Muffin, Cookie, Milk

November 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#1

- 10/30/2023 **M** Beef Stroganoff with Pasta, Peas & Carrots, Orange, Juice Cup, Cookie, Milk
10/31/2023 **Tu** Chicken Tacos w/Sour Cream, Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
11/1/2023 **W** Pulled Pork with Barbecue Sauce & Roll, Cole Slaw, Applesauce, Milk
11/2/2023 **Th** Turkey Chef Salad w/Mixed Greens, Diced Tomatoes & Dressing, Pineapple, Chickpea Salad, Crackers, Milk
11/3/2023 **F** Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Dressing, Corn Muffin, Cookie, Milk

#2

- 11/6/2023 **M** Meatloaf w/Mushroom Gravy, Mashed Potatoes, Green Beans, Bread & Butter, Juice, Cookie, Milk
11/7/2023 **Tu** Roast Turkey Sandwich w/Lettuce, Tomato, Onion; Waldorf Salad (no nuts), Fruit Cocktail, Juice, Milk
11/8/2023 **W** Roasted Stuffed Chicken, White/Wild Rice Blend, Diced Carrots, Pears, Juice, Cookie, Milk
11/9/2023 **Th** Tuna Salad Sandwich w/Lettuce & Tomato, Black Bean Pepper Salad, Mandarin Oranges, Milk
11/10/2023 **F** COA Closed - Veterans Day

#3

- 11/13/2023 **M** Roasted Pork Loin, Au Gratin Potatoes, Kale, Roll & Butter, Juice, Cookie, Milk
11/14/2023 **Tu** Chicken Caesar Salad w/Mixed Greens & Dressing; Lentil Salad, Peaches, Roll & Butter, Juice, Milk
11/15/2023 **W** Chicken Fajitas w/Salsa, Sour Cream, Red Peppers, Tortillas, Mexican Rice, Peaches, Juice, Milk
11/16/2023 **Th** Salmon Salad on Mixed Greens w/Dressing, Confetti Corn Salad, Crackers, Orange, Juice Cup, Milk
11/17/2023 **F** Beef-a-Roni Pasta, Green Beans, Applesauce, Roll & Butter, Juice Cup, Milk

#4 * Wednesday 11/22 Thanksgiving Special Meal

- 11/20/2023 **M** Chicken Pot Pie w/Potatoes, Mixed Vegetables & Biscuit; Banana, Juice Cup, Cookie, Milk
11/21/2023 **Tu** Sliced Ham Sandwich w/Condiment Packs, Citrus Carrot Salad, Pineapple Tidbits, Juice Cup, Milk
11/22/2023 **W** *Turkey & Gravy, Mashed Potatoes, Green Beans, Cranberry Sauce, Hawaiian Roll, Crustless Pumpkin Custard, Milk*
11/23/2023 **Th** COA Closed - Thanksgiving Day
11/24/2023 **F** COA Closed - National American Indian Heritage Day

#1

- 11/27/2023 **M** Beef Stroganoff with Pasta, Peas & Carrots, Orange, Juice Cup, Cookie, Milk
11/28/2023 **Tu** Chicken Tacos w/Sour Cream, Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
11/29/2023 **W** Pulled Pork with Barbecue Sauce & Roll, Cole Slaw, Applesauce, Milk
11/30/2023 **Th** Turkey Chef Salad w/Mixed Greens, Diced Tomatoes & Dressing, Pineapple, Chickpea Salad, Crackers, Milk
12/1/2023 **F** Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Dressing, Corn Muffin, Cookie, Milk

December 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#1

- 11/27/2023 M Beef Stroganoff with Pasta, Peas & Carrots, Orange, Juice Cup, Cookie, Milk
- 11/28/2023 Tu Chicken Tacos w/Sour Cream, Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
- 11/29/2023 W Pulled Pork with Barbecue Sauce & Roll, Cole Slaw, Applesauce, Milk
- 11/30/2023 Th Turkey Chef Salad w/Mixed Greens, Diced Tomatoes & Dressing, Pineapple, Chickpea Salad, Crackers, Milk
- 12/1/2023 F Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Dressing, Corn Muffin, Cookie, Milk

#2

- 12/4/2023 M Meatloaf w/Mushroom Gravy, Mashed Potatoes, Green Beans, Bread & Butter, Juice, Cookie, Milk
- 12/5/2023 Tu Roast Turkey Sandwich w/Lettuce, Tomato, Onion; Waldorf Salad (no nuts), Fruit Cocktail, Juice, Milk
- 12/6/2023 W Roasted Stuffed Chicken, White/Wild Rice Blend, Diced Carrots, Pears, Juice, Cookie, Milk
- 12/7/2023 Th Tuna Salad Sandwich w/Lettuce & Tomato, Black Bean Pepper Salad, Mandarin Oranges, Milk
- 12/8/2023 F Pasta w/Meat Sauce, Spinach Salad w/Grape Tomatoes & Dressing, Apple Slices, Bread & Butter, Juice, Milk

#3

- 12/11/2023 M Roasted Pork Loin, Au Gratin Potatoes, Kale, Roll & Butter, Juice, Cookie, Milk
- 12/12/2023 Tu Chicken Caesar Salad w/Mixed Greens & Dressing; Lentil Salad, Peaches, Roll & Butter, Juice, Milk
- 12/13/2023 W Chicken Fajitas w/Salsa, Sour Cream, Red Peppers, Tortillas, Mexican Rice, Peaches, Juice, Milk
- 12/14/2023 Th Salmon Salad on Mixed Greens w/Dressing, Confetti Corn Salad, Crackers, Orange, Juice Cup, Milk
- 12/15/2023 F Beef-a-Roni Pasta, Green Beans, Applesauce, Roll & Butter, Juice Cup, Milk

#4 * Wednesday 12/20 Christmas Special Meal

- 12/18/2023 M Chicken Pot Pie w/Potatoes, Mixed Vegetables & Biscuit; Banana, Juice Cup, Cookie, Milk
- 12/19/2023 Tu Sliced Ham Sandwich w/Condiment Packs, Citrus Carrot Salad, Pineapple Tidbits, Juice Cup, Milk
- 12/20/2023 W *Ham w/Brown Sugar Glaze, Brown Sugar Yams, Green Beans, Mandarin Oranges, Roll & Butter, Cherry Pie, Milk*
- 12/21/2023 Th Greek Chicken Spinach Salad w/Dressing, Pasta Salad, Roll & Butter, Orange, Milk
- 12/22/2023 F COA Closed - Christmas Eve Observed

#1

- 12/25/2023 M COA Closed - Christmas Day
- 12/26/2023 Tu No Home Delivered Meals on Monday, 12/25/2023
- 12/27/2023 W Pulled Pork with Barbecue Sauce & Roll, Cole Slaw, Applesauce, Milk
- 12/28/2023 Th Turkey Chef Salad w/Mixed Greens, Diced Tomatoes & Dressing, Pineapple, Chickpea Salad, Crackers, Milk
- 12/29/2023 F COA Closed - New Year's Eve Observed