

# October 2022 Senior Menus

DATE *Note: Menu Subject to Change without Notice*

## #1 Last Week of (Modified) Summer Menu Cycle

10/3/2022 M Roast Beef with Gravy, Roasted Potatoes, Broccoli, Peaches, Roll w/Butter, Cookie, Milk  
10/4/2022 Tu Ham & Cheese Sandwich, Tossed Salad w/Dressing, 3-Bean Salad, Apple, Juice, Milk  
10/5/2022 W Italian Chicken, Rice, Carrots, Pears, Roll w/Butter, Milk  
10/6/2022 Th Mediterranean Tuna Salad, Fresh Greens, Banana, Crackers, Juice, Milk  
10/7/2022 F Tilapia, Au Gratin Potatoes, Squash, Brownie, Milk

## #1 First Week of Fall Menu Cycle

10/10/2022 M CLOSED - Columbus Day Holiday  
10/11/2022 Tu No MOW Delivery Monday 10/10/2022  
10/12/2022 W Pork Chop, Sauteed Cabbage, Roasted Potatoes, Roll w/Butter, Juice, Milk  
10/13/2022 Th Turkey Chef Salad with Mixed Salad Greens, Tomatoes, Dressing; Chickpea Salad, Crackers, Pineapple, Milk  
10/14/2022 F Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Vinaigrette, Corn Muffin, Cookie, Milk

## #2

10/17/2022 M Roasted Stuffed Chicken, White/Wild Rice Blend, Dilled Carrots, Pears, Juice, Cookie, Milk  
10/18/2022 Tu Roast Turkey Sandwich w/Lettuce, Tomato, Onion; Waldorf Salad (No Nuts), Fruit Cocktail, Juice, Milk  
10/19/2022 W Pasta w/Meat Sauce, Spinach Salad w/Tomatoes, Apple Slices, Bread w/Butter, Juice, Milk  
10/20/2022 Th Tuna Salad Sandwich w/Lettuce & Tomato, Black Bean Pepper Salad, Bread w/Butter, Mandarin Oranges, Milk  
10/21/2022 F Meatloaf w/Mushroom Gravy, Mashed Potatoes, Peas & Pearl Onions, Bread w/Butter, Juice, Cookie, Milk

## #3

10/24/2022 M Roasted Pork Loin w/Gravy, Au Gratin Potatoes, Kale, Roll w/Butter, Juice, Cookie, Milk  
10/25/2022 Tu Chicken Caesar Salad w/Greens & Dressing, Mediterranean Lentil Salad, Roll w/Butter, Peaches, Juice, Milk  
10/26/2022 W Chicken Fajitas w/Salsa & Sour Cream, Red Peppers, Mexican Rice, Peaches, Juice, Milk  
10/27/2022 Th Salmon Salad on Bed of Lettuce w/Vinaigrette, Confetti Corn Salad, Crackers, Orange, Juice, Milk  
10/28/2022 F Beef-A-Roni, Green Beans, Roll w/Butter, Applesauce, Juice, Cookie, Milk

## #4

10/31/2022 M Chicken Potpie w/Potatoes & Mixed Vegetables, Biscuit, Banana, Juice, Cookie, Milk  
11/1/2022 Tu Ham & Cheese Sandwich w/Mustard, Mayo, Citrus Carrot Salad, Pineapple, Juice, Milk  
11/2/2022 W Hamburger on Bun w/Lettuce, Tomato, Onion, Baked Beans, Sliced Apples, Juice, Milk  
11/3/2022 Th Greek Chicken & Spinach Salad w/Dressing, Pasta Salad, Roll w/Butter, Orange, Juice, Milk  
11/4/2022 F Breaded Pollock w/Tartar Sauce, Brussels Sprouts, Harvard Beets, Orange, Bread w/Butter, Cookie, Milk

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## #4

- 10/31/2022 M Chicken Potpie w/Potatoes & Mixed Vegetables, Biscuit, Banana, Juice, Cookie, Milk
- 11/1/2022 Tu Ham & Cheese Sandwich w/Mustard, Mayo, Citrus Carrot Salad, Pineapple, Juice, Milk
- 11/2/2022 W Hamburger on Bun w/Lettuce, Tomato, Onion, Baked Beans, Sliced Apples, Juice, Milk
- 11/3/2022 Th Greek Chicken & Spinach Salad w/Dressing, Pasta Salad, Roll w/Butter, Orange, Juice, Milk
- 11/4/2022 F Breaded Pollock w/Tartar Sauce, Brussels Sprouts, Harvard Beets, Orange, Bread w/Butter, Cookie, Milk

## #1

- 11/7/2022 M Beef Stroganoff, Pasta, Peas & Carrots, Orange, Juice, Cookie, Milk
- 11/8/2022 Tu Chicken Tacos w/Sour Cream & Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
- 11/9/2022 W Pork Chop, Sauteed Cabbage, Roasted Potatoes, Roll w/Butter, Juice, Milk
- 11/10/2022 Th Turkey Chef Salad with Mixed Salad Greens, Tomatoes, Dressing; Chickpea Salad, Crackers, Pineapple, Milk
- 11/11/2022 F CLOSED - Veterans' Day Holiday

## #2

- 11/14/2022 M Roasted Stuffed Chicken, White/Wild Rice Blend, Dilled Carrots, Pears, Juice, Cookie, Milk
- 11/15/2022 Tu Roast Turkey Sandwich w/Lettuce, Tomato, Onion; Waldorf Salad (No Nuts), Fruit Cocktail, Juice, Milk
- 11/16/2022 W Pasta w/Meat Sauce, Spinach Salad w/Tomatoes, Apple Slices, Bread w/Butter, Juice, Milk
- 11/17/2022 Th Tuna Salad Sandwich w/Lettuce & Tomato, Black Bean Pepper Salad, Bread w/Butter, Mandarin Oranges, Milk
- 11/18/2022 F Meatloaf w/Mushroom Gravy, Mashed Potatoes, Peas & Pearl Onions, Bread w/Butter, Juice, Cookie, Milk

## #3 Special Thanksgiving Meal - Wednesday, 11/23/2022

- 11/21/2022 M Roasted Pork Loin w/Gravy, Au Gratin Potatoes, Kale, Roll w/Butter, Juice, Cookie, Milk
- 11/22/2022 Tu Chicken Caesar Salad w/Greens & Dressing, Mediterranean Lentil Salad, Roll w/Butter, Peaches, Juice, Milk
- 11/23/2022 W *Turkey & Gravy, Cranberry Sauce, Mashed Potatoes, Green Beans, Roll w/Butter, Crustless Pumpkin Pie, Milk*
- 11/24/2022 Th CLOSED - Thanksgiving Holiday
- 11/25/2022 F CLOSED - National American Indian Heritage Day Holiday

## #4

- 11/28/2022 M Chicken Potpie w/Potatoes & Mixed Vegetables, Biscuit, Banana, Juice, Cookie, Milk
- 11/29/2022 Tu Ham & Cheese Sandwich w/Mustard, Mayo, Citrus Carrot Salad, Pineapple, Juice, Milk
- 11/30/2022 W Hamburger on Bun w/Lettuce, Tomato, Onion, Baked Beans, Sliced Apples, Juice, Milk
- 12/1/2022 Th Greek Chicken & Spinach Salad w/Dressing, Pasta Salad, Roll w/Butter, Orange, Juice, Milk
- 12/2/2022 F Breaded Pollock w/Tartar Sauce, Brussels Sprouts, Harvard Beets, Orange, Bread w/Butter, Cookie, Milk

# December 2022 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

## #4

- 11/28/2022 M Chicken Potpie w/Potatoes & Mixed Vegetables, Biscuit, Banana, Juice, Cookie, Milk
- 11/29/2022 Tu Ham & Cheese Sandwich w/Mustard, Mayo, Citrus Carrot Salad, Pineapple, Juice, Milk
- 11/30/2022 W Hamburger on Bun w/Lettuce, Tomato, Onion, Baked Beans, Sliced Apples, Juice, Milk
- 12/1/2022 Th Greek Chicken & Spinach Salad w/Dressing, Pasta Salad, Roll w/Butter, Orange, Juice, Milk
- 12/2/2022 F Breaded Pollock w/Tartar Sauce, Brussels Sprouts, Harvard Beets, Orange, Bread w/Butter, Cookie, Milk

## #1

- 12/5/2022 M Beef Stroganoff, Pasta, Peas & Carrots, Orange, Juice, Cookie, Milk
- 12/6/2022 Tu Chicken Tacos w/Sour Cream & Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
- 12/7/2022 W Pork Chop, Sauteed Cabbage, Roasted Potatoes, Roll w/Butter, Juice, Milk
- 12/8/2022 Th Turkey Chef Salad with Mixed Salad Greens, Tomatoes, Dressing; Chickpea Salad, Crackers, Pineapple, Milk
- 12/9/2022 F Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Vinaigrette, Corn Muffin, Cookie, Milk

## #2

- 12/12/2022 M Roasted Stuffed Chicken, White/Wild Rice Blend, Dilled Carrots, Pears, Juice, Cookie, Milk
- 12/13/2022 Tu Roast Turkey Sandwich w/Lettuce, Tomato, Onion; Waldorf Salad (No Nuts), Fruit Cocktail, Juice, Milk
- 12/14/2022 W Pasta w/Meat Sauce, Spinach Salad w/Tomatoes, Apple Slices, Bread w/Butter, Juice, Milk
- 12/15/2022 Th Tuna Salad Sandwich w/Lettuce & Tomato, Black Bean Pepper Salad, Bread w/Butter, Mandarin Oranges, Milk
- 12/16/2022 F Meatloaf w/Mushroom Gravy, Mashed Potatoes, Peas & Pearl Onions, Bread w/Butter, Juice, Cookie, Milk

## #3 Special Christmas Meal - Wednesday, 12/21/2022

- 12/19/2022 M Roasted Pork Loin w/Gravy, Au Gratin Potatoes, Kale, Roll w/Butter, Juice, Cookie, Milk
- 12/20/2022 Tu Chicken Caesar Salad w/Greens & Dressing, Mediterranean Lentil Salad, Roll w/Butter, Peaches, Juice, Milk
- 12/21/2022 W *Glazed Ham, Green Beans, Brown Sugar Yams, Mandarin Oranges, Hawaiian Roll w/Butter, Cherry Pie, Milk*
- 12/22/2022 Th Salmon Salad on Bed of Lettuce w/Vinaigrette, Confetti Corn Salad, Crackers, Orange, Juice, Milk
- 12/23/2022 F CLOSED - Christmas Eve Holiday (Observed)

## #4

- 12/26/2022 M CLOSED - Christmas Holiday (Observed)
- 12/27/2022 Tu No MOW Delivery Monday 12/26/2022
- 12/28/2022 W Hamburger on Bun w/Lettuce, Tomato, Onion, Baked Beans, Sliced Apples, Juice, Milk
- 12/29/2022 Th Greek Chicken & Spinach Salad w/Dressing, Pasta Salad, Roll w/Butter, Orange, Juice, Milk
- 12/30/2022 F CLOSED - New Year's Eve Holiday (Observed)