









# OCTOBER 2017 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Funding through: Fresno-Madera Agency on Aging</b>      <b>All meals include low fat milk</b></p> <p><b>Seniors 60 Years &amp; Older - Suggested Donation \$1.50</b></p> <p><b>Non Senior Rate \$ 4.40</b></p>				
<p>2 Hot Dog on a Wheat Bun Chili Beans Honeydew</p> 	<p>3 BBQ Chicken Thigh Sweet Potato Hi C Salad Wheat Bread Pineapple Bits</p>	<p>4 Meatloaf W/Gravy Mixed Vegetables Mashed Potatoes Wheat Roll Mixed Fruit</p>	<p>5 Wet Burrito Mixed Vegetables Diced Peaches</p>	<p>6 Cheeseburger Potato Salad Tropical Fruit</p>
<p>9 Chicken Thigh In Mushroom Sauce Mixed Vegetables Wheat Bread Applesauce</p>	<p>10 Spaghetti W/Meatballs Hi C Salad French Bread Raisins</p>	<p>11 Tuna Salad Sandwich Potato Soup Honeydew</p>	<p>12 Enchilada Casserole Cucumber Salad Fruited Jell-O</p>	<p>13 Swiss Beef Patty Mashed Potatoes Wheat Bread Apricots</p>
<p>16 Meatloaf W/Gravy Peas &amp; Carrots Wheat Bread Orange</p>	<p>17 Beef &amp; Vegetable Stew Brown Rice Hi C Salad Diced Peaches</p>	<p>18 Macaroni &amp; Cheese Broccoli Normandy Pineapple Bits Pudding</p> 	<p>19 Cheeseburger Potato Wedges Tropical Fruit</p>	<p>20 Seasoned Chicken Thigh Baked Potato Wheat Bread Mixed Fruit</p>
<p>23 Breaded Chicken Drumstick Sweet Potato Wheat Bread Diced Pears</p>	<p>24 Breaded Fish Tossed Salad Dinner Roll Pineapple Bits</p>	<p>25 Polish Sausage Dog Pickled Beets Cantaloupe</p> 	<p>26 Chicken Fettuccini Alfredo Hi C Salad French Bread Applesauce</p>	<p>27 Pepper Steak W/Gravy Mashed Potato Wheat Bread Diced Peaches</p>
<p>30 Chicken Pesto Bowtie Pasta Broccoli Normandy Diced Pears</p>	<p>31 Salami &amp; Cheese Sandwich Vegetable Soup Tropical Fruit</p> 	<p><b>Menu is subject to change without notice</b></p>   <p><b>High Sodium Meal</b></p>		

