





OCTOBER 2018 SENIOR MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| Funding through: Fresno-Madera Agency on Aging All meals include low fat milk Seniors 60 Years & Older - Suggested Donation \$2.50 Non Senior Rate \$5.10 | | | | |
| 1 Pork Chili Verde Refried Beans Flour Tortillas Tropical Fruit | 2 Macaroni & Cheese Broccoli Normandy Pineapple Tidbits Pudding | 3 Cheeseburger Pork & Beans Sliced Apples | 4 Beef Stroganoff Vegetable Medley French Bread Mixed Fruit | 5 Beef & Vegetable Stew Brown Rice Hi C Salad Diced Peaches |
| 8 Breaded Chicken Drumstick Peas & Carrots Wheat Bread Tropical Fruit | 9 Breaded Fish Tossed Salad W/Broccoli Wheat Dinner Roll Diced Peaches | 10 Pepper Steak W/ Gravy Mashed Potatoes Wheat Bread Pineapple Bits | 11 Chicken Fettuccini Alfredo Hi C Tossed Salad French Bread Diced Pears | 12 Polish Sausage Dog Pickled Beets Sliced Apples |
| 15 BBQ Chicken Thigh Vegetable Medley Wheat Bread Applesauce | 16 Tuna Salad Sandwich Corn Chowder Soup Orange | 17 Spaghetti W/Meat Sauce Hi C Tossed Salad French Bread Diced Peaches | 18 Beef Tostada Shredded Lettuce/Shredded Cheese Refried Beans Sliced Apples | 19 Cheeseburger Chili Beans Tropical Fruit |
| 22 Meatloaf W/Gravy Vegetable Medley Mashed Potatoes Wheat Roll, Mixed Fruit | 23 Chicken Pesto Bowtie Pasta Hi C Tossed Salad French Bread Raisins | 24 Cheese Lasagna Peas & Carrots Wheat Bread Sliced Apples, Pudding | 25 Pork BBQ Sandwich Coleslaw Cantaloupe | 26 Chinese Chicken Stir Fry Rice Tropical Fruit |
| 29 Chicken Thigh W/Mushroom Sauce Peas & Carrots Wheat Bread, Tropical Fruit | 30 Turkey & Cheese Sandwich Pickled Beets Cantaloupe | 31 Swiss Beef Patty Mashed Potatoes Tossed Salad Wheat Bread, Apricots | Menu is subject to change without notice  High Sodium Meal  | |

