

Department of Senior Affairs – Nutrition/Transportation Division

Menu for the Week of: September 30th - October 4th, 2019

*We reserve the right to alter the menu due to food availability and suitability for home delivery. Diabetic clients should not be given sugar and only given bread upon request.*

**Monday, Sept. 30th**

Chicken Fajitas	4 oz. meat 2 oz. vegetables
flour tortilla	2 tortillas
Ranch beans	4 oz.
sliced apples	4 oz.
1% milk	8 oz.

**Tuesday, October 1st**

Beef stroganoff	3 oz. beef, 3 oz. stroganoff
penne pasta	4 oz.
cauliflower	4 oz.
chocolate pudding	4 oz.
1% milk	8 oz.

**Wednesday, October 2nd**

Breaded Pollock with Tartar Sauce	4 oz.
Green Beans	4 oz.
Brown Rice	4 oz.
Dinner roll with Margarine	1 roll
cantaloupe	4 oz.
1% milk	8 oz.

**Thursday, October 3rd**

Minestrone Soup w/ Navy Beans	6 oz.
Corn bread	1 serving
Malibu Blend	4 oz.
Cottage cheese and mixed fruit	2 oz. 2 oz. fruit
1% milk	8 oz.

**Friday, October 4th**

Carne Adovada	4 oz.
flour tortilla	1 tortilla
mexicorn	4 oz.
stewed tomatoes	4 oz.
chocolate chip cookie	2 cookie
1% milk	8 oz.



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Menu for the Week of: October 7th -11th

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**Monday, October 7th**

Steak fingers with white gravy	4 oz. meat and 2 oz. gravy
Red Potatoes	4 oz.
Succotash	4 oz.
Mandarin oranges	4 oz.
1% milk	8 oz.

**Tuesday, October 8th**

Sweet & Sour Pork	4 oz.
White rice	4 oz.
Oriental Blend	4 oz.
Pineapple	4 oz.
Fortune cookie	1 cookie
1% milk	8 oz.

**Wednesday, October 9th**

Frito Pie (beef, pinto beans, chili, cheese, onions)	2 oz.beef, beans, 2 oz chili, cheese
Fritos	1 oz
Normandy blend	4oz.
banana	1 banana
1% milk	8 oz.

**Thursday, October 10th**

Lemon Tilapia (tartar sauce)	4 oz. 1 packet
Brown Rice	4 oz.
Stewed tomatoes	4 oz.
Tapioca	4 oz.
1% milk	8 oz.

**Friday, October 11th**

Chicken and Rice soup	6 oz.
Glazed carrots	4 oz.
Spinach	4 oz.
Dinner roll with margarine p.c.	1 roll
Sliced pears	4 oz.
1% milk	8 oz.



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Menu for the Week of: October 14th - 18th

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**Monday, October 14th**

Cottage pie (beef mince) carrots and peas	5 oz.
mashed potatoes	4 oz.
corn bread	1 serving
apple crisp	4 oz.
1% milk	8 oz.

**Tuesday, October 15th**

Open faced Turkey sandwich with brown gravy	1 slice of bread, 4 oz. 1 oz gravy
Yams	4 oz.
Green beans	4 oz.
Orange	1 each
1% milk	8 oz.

**Wednesday, October 16th**

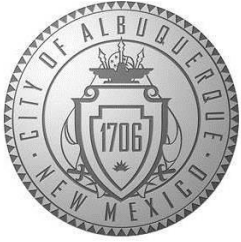
Spaghetti marinara with Squash	6 oz.
Breadstick	1 serving
Malibu blend	4 oz.
Apricot Halfs	4 oz.
1% milk	8 oz.

**Thursday, October 17th**

Salisbury steak with gravy	4 oz., 2 oz. gravy
White rice	4 oz.
Peas	4 oz.
orange Jell-O with pineapple	4 oz.
Dinner roll	1 roll
1% milk	8 oz.

**Friday, October 18th**

Green chili stew (chicken and potatoes)	6 oz.
Tortilla	1 tortilla
Pinto beans	4 oz.
Calabacitas	4 oz.
Honeydew	4 oz.
1% milk	8 oz.



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Menu for the Week of: October 21st - 25th

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**Monday, October 21st**

Beef tips	4 oz.
Bowtie pasta	4 oz.
Brussel sprouts	4 oz.
Stewed apples, cinnamon, and Raisins	4 oz.
1% milk	8 oz.

**Tuesday, October 22nd**

Chicken Pot Pie	6 oz.
Roasted Beet's	4 oz.
Pea's	4 oz.
Watermelon	4 oz.
1% milk	8 oz.

**Wednesday, October 23rd**

Baked potato with Broccoli and cheese packet of sour cream	1 medium potatoe, 3 oz.broccoli and cheese, 1 packet of sour cream
corn	4 oz.
black eyed peas	4 oz.
cottage cheese with peaches	4 oz. 2oz. peaches
1% milk	8 oz.

**Thursday, October 24th**

Salmon in Lemon and olive oil	4 oz.
Orzo pasta	4 oz.
5 way vegetable	4 oz.
orange	1 orange
1% milk	8 oz.

**Friday, October 25th**

Pork Carnitas	4 oz.
Flour tortillas	2 tortillas
Lime Rice	4 oz.
Pinto beans	4 oz.
Apple sauce	4 oz.
1% milk	8 oz.



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Menu for the Week of: October 28th - November 1st

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**Monday, October 28th**

Green Chili Cheeseburger with Bun	1 serving
Steak Fries	4 oz.
Normandy Blend	4 oz.
Chocolate cake	2 x 2
1% milk	8 oz.

**Tuesday, October 29th**

Rotisserie Chicken	4 oz.
Scalloped Potatoes	4 oz.
Corn	4 oz.
Dinner roll	1 roll
Grapes	4 oz.
1% milk	8 oz.

**Wednesday, October 30th**

Spinach Lasagna	6 oz.
Breadstick	4 oz.
White Bean's	4 oz.
Mixed Fruit	4 oz.
1% milk	8 oz.

**Thursday, October 31st Happy Halloween!**

Mummy loaf in swamp water ( meatloaf and gravy)	4 oz.
Mashed potatoes	4 oz.
Sliced carrots	4 oz.
Orange Jello with whipped cream and sprinkles	4 oz.
1% milk	8 oz.

**Friday, November 1st**

Open face Sloppy Joe	4 oz. 1 slice of bread
Fajita blend	4 oz.
Green Beans	4 oz.
Granny Smith Apple	1 each
1% milk	8 oz.