





**Congregate October Meal Menu 2020**

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>As we embark on this new season, we want to take the time to express our appreciation to the dedicated staff at our countys' local Senior Centers. While we have all had to adapt to the changes we've had to make due to COVID-19, we know that the heart of the mission of each center remains at the core of everything that is done. We also want to shout-out the participating Seniors who didn't lose faith in the services provided and who showed up once restrictions were eased. We must remember that we are all in this together and together we'll move forward.</p>			<p>HM Chicken Parmasan-1 ea Steamed Spaghetti-2 oz Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice</p>	<p>Chef Salad w/turkey, eggs, cheese Carrot Sticks w/Dip-4 oz Wheat Roll-1 ea Margarine-1 ea Sliced Pears-4 oz Milk 8 oz Salad Dressing Pkt-1 ea</p> 
<p>BBQ Pulled Pork-3 oz Baked Potato-1 ct Vegetable Blend-4 oz Fresh Orange-1 ct Mini Sub Bun-1 ct Margarine &amp; Sour Cream-1 ea Milk 8 oz</p>	<p>HM White Chicken Chili-8 oz Whole Kernel Corn-4 oz Tossed Salad w/Tomatoes-4 oz Corn Bake w/Margarine Peaches-4 oz Salad Dressing Pk-1 ct 100% Fruit Juice</p>	<p>7</p> <p>Drive Thru Health Fair Free Sack Lunch While Supplies Last</p>	<p>HM Bean Soup w/ Turkey Ham-8 oz Baby Carrots-4 oz Tossed Salad w/Tomatoes-4 oz Apricots-4 oz Salad Dressing pk-1 ct Corn Muffin &amp; Margarine-1 ea 100% Fruit Juice</p>	<p>Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Chuck Wagon Blend-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz</p>
<p>Creole Steak In Sauce-1 ea European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz</p>	<p>HM Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce Cup-4 oz 100% Fruit Juice</p>	<p>14</p> <p>Santa Fe Salad w/ Chicken &amp; Beans w/HM Roasted Corn Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salsa Cup Milk 8 oz</p>	<p>15</p> <p>HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month</p> 	<p>16</p> <p>Crusted Fish-1 ea Au Gratin Potatoes-4 oz Fancy Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz</p>
<p>19</p> <p>Country Style Chicken-1 ea Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz</p>	<p>20</p> <p>Beef Teriyaki w/Rice-3 oz &amp; 2 oz Oriental Vegetables-4 oz Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine-1 ea 100% Fruit Juice</p>	<p>21</p> <p>BBQ Pulled Chicken-3 oz Potato Salad-4 oz Mixed Vegetables-4 oz Diced Pears-4 oz Mini Sub Bun-1 ea Margarine-1 ea Milk 8 oz</p>	<p>22</p> <p>HM Pork Chop w/Peaches &amp; Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread &amp; Margarine- 1 ea Pears-4 oz 100% Fruit Juice HM Birthday Cake</p> 	<p>23</p> <p>Chicken Salad Croissant Tossed Salad-4 oz 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz</p>
<p>26</p> <p>Turkey Burger w/Cheese-1 ea Leaf Lettuce w/Sliced Tomato Steak House Potato Salad-4 oz Diced Peas &amp; Carrots-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea Fruit Salad-1 ea Milk 8 oz</p>	<p>27</p> <p>HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct 100% Fruit Juice</p> 	<p>28</p> <p>Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz</p>	<p>29</p> <p>HM Stuffed Green Pepper In Sauce-1 ea Steamed Beets- 4oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice</p>	<p>30</p> <p>Breaded Turkey Sandwich Ranch Potato Wedges Cole Slaw Whole Wheat Bun Fresh Apple Milk 8 oz</p>