

Hurricane Senior Center

October 2018

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
Cacciatore Chicken Breast Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine	Sweet & Sour Meatballs Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine	Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine
8	9	10	11
Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit Milk Margarine	Roasted Turkey Breast w/Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	Beef Chili with Beans Baked Potato Chuckwagon Corn Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream	Alfredo Chicken Breast Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Diet - Hot Peaches
15	16	17	18
BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk	Corned Beef Cabbage Sliced Carrots Roasted Red Potatoes Rye Bread Applesauce Milk Margarine	Potato Crusted Pollock Rice Pilaf Spinach Cucumber and Tomato Salad Garlic Texas Bread Seasonal Fruit Gingerbread Bread Pudding Milk Margarine Tartar Sauce Diet - Chocolate Pudding	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Mixed Green Salad Wheat Roll Citrus Fruit Cup Milk Margarine
22	23	24	25
Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Peaches Milk Margarine	Glazed Ham Sweet Potato Casserole Cabbage Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Diet - Vanilla Wafers	Hawaiian Chicken Haystack Buttered Rice Broccoli Asian Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine	Beef Spaghetti Sauce over Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine
29	30	<u>Halloween Menu</u> 31	31
Crispy Baked Chicken Macaroni and Cheese Mixed Vegetables Beet Salad Wheat Roll Apricot Halves Milk Margarine	Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit Milk Margarine	Bratwurst Sauerkraut Baked Beans Whole Kernel Corn Hot Dog Bun Seasonal Fruit Oatmeal Raisin Cookie Milk Mustard Diet - Vanilla Wafers	<i>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</i> Milk and bread served with all meals. Salad bar available every day in dining room.