

October Menu 2016



For questions regarding your meals, please contact Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti & Meat Balls Italian Blend Vegetables Garlic Bread Tropical Fruit	4 Turkey and Gravy Sweet Potatoes Broccoli Cranberry Sauce with Mandarin Orange Slices Wheat Dinner Roll	5 Potato Soup Cold Roast Beef Sandwich on Wheat Bun V-8 Juice Pears Salad Bar in Café	6 Meat Loaf Mashed Potatoes Cole Slaw Peachy-Cherry Sauce Wheat Dinner Roll	7 BBQ Chicken Maui Blend Vegetables Tater Rounds Apple Slices Bosco stick Birthday cake Angel Food Cake
10 Defiance County Senior Services is Closed for Columbus Day	11 Cheeseburger Broccoli Harvard Beets Peaches Cookie lcs - diet cookie	12 Vegetable Beef Soup Ambrosia Salad Biscuit Orange Juice Crackers Salad Bar in Café	13 Pork Chops & Gravy Mashed Winter Squash Winter Blend Vegetables Applesauce Wheat Roll	14 Parmesan Chicken Breast Brussels Sprouts Potatoes Au Gratin Apple Slices with cinnamon Wheat Dinner Roll
17 Biscuits & Sausage Gravy Alt = Turkey Sausage Hash Browns V-8 Juice Mandarin Orange	18 Hungarian Goulash Venetian Blend Vegetables Toss Salad Pears Wheat Roll Brownie lcs - diet cookie	19 Baked Potato w/ Broccoli, Cheese & Turkey Bacon bits Cauliflower Cornbread Banana Salad Bar in Café	20 Lemon Dijon Chicken Breast Carrots Green Beans Peaches Wheat Dinner Roll	21 Cook's Choice (join us and enjoy delectable delights that the cooks have chosen just for you!)
24 Orange Chicken Brown Rice European Blend Vegetables Fruit Cocktail Grape Juice Wheat Bread	25 Hamburger Gravy over Mashed Potatoes Key West Blend Apricots Blueberry Muffin	26 Chili & Cheese Tropical Fruit Apple Crackers Wheat Bread Salad Bar in Café	27 Roast Pork Mashed Potatoes Cauliflower Orange-Pineapple Gelatin Wheat Dinner Roll	28 White Sloppy Joe Peas Tater Tots Raisins Halloween Cookie Alt- diet cookie
31 Beef Stew over Biscuit Broccoli Crumb-topped Peaches	Spiderific Halloween Party Wed., Oct., 19th/ 5:00pm. Enjoy a delicious dinner of Baked Chicken Thighs, Baked Potatoes, a Tossed Salad, Green Beans & Mushrooms and Hot Cinnamon Apples for dessert!			
				Halloween Bake Sale -9am Oct. 27 & 28