

Area Agency on Aging Region X Menu Plan

Oct-26

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Goulash w/ Tomatoes and Onion	Biscuits and Gravy
			Green Beans	Sausage
			Dark Leafy Green Salad w/ Spinach	Scrambled Eggs
			Garlic Roll	Hashbrown
			Strawberries and Bananas	Grape Juice
			Coffee/Tea/Milk	Coffee/Tea/Milk
5	6	7	8	9
Chicken and Stuffing Casserole	Taco Salad (meat, cheese, beans)		Chicken Pot Pie	Creamy Potato Soup
Roasted Potatoes	Lettuce, Tomatoes, & Onions		with Mixed Veggies	Hot Ham & Cheese Sandwich
Broccoli	Tropical Fruit	Cook's Choice	Harvard Beets	Dark Green Leafy Salad
Dark Green Leafy Salad	Tostitos		Spinach & Apple Salad w Bals. Vin.	Warm Spiced Pineapple
Pears/ Wheat roll	Pudding		Warm Spiced Pears	Vanilla Ice Cream
Coffee/Tea/Milk	Coffee/ Tea Milk	Coffee/ Tea Milk	Coffee/Tea/Milk	Coffee/ Tea Milk
12	13	14	15 - Birthday Dinner	16
Cheeseburger on a Wheat Bun	BBQ Pork Rib Sandwich	Tater Tot Casserole	Chicken Fried Steak	Tuscan Chicken
Lettuce, Tomato, Onion, and Pickle	on a Bun	Peas and Carrots	Mashed Potatoes & Gravy	Italian Blend Vegetables
Sweet Potato Fries	Potato Wedges	Dark Green Leafy Salad	Peas & Carrots	Roasted Potatoes
Cold Pea Salad	Leafy Green Salad w/ Spinach	Rosie Applesauce	Wheat roll	Pears
Apple Salad	Brownie	Wheat Bread	Birthday Cake w/ Fruit	Garlic Roll
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
19	20	21	22	23
Ham and Beans	Salisbury Steak		Chicken and Noodles	Beef Enchiladas
Roasted Potatoes w/ Onions	Mashed Potatoes w/ Gravy		w/ Mixed Veggies	Lettuce, Tomato, and Onion
Spinach	Peas	Cook's Choice	Roasted Candied Beets	Spanish Rice
Cornbread	Dark Green Leafy Salad		Warm Cinnamon Spiced Pears	Refried Beans
Peach Crisp w/ Vanilla Ice Cream	Pears/ Wheat roll		Wheat Bread	Cinnamon Roll
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
26	27	28	29	30 - Cultural Meal
Meatloaf w/ Ketchup	Polish Sausage On a Bun	Hot Dog w/ Chili & Cheese	Chicken Tenders	Witches Brew Hungarian Beef Stew
Mashed Potatoes w/ Gravy	Sauerkraut	Wheat Bun	Baked Potato w/ sour cream	w/ Carrots, Corn, and Green Beans
Candied Carrots	Carrots	Sweet Potato Fries	California Blend	Dark Green Leafy Salad
Peach Crisp w/ Vanilla Ice cream		Cold Pea Salad	Wheat Roll	Brownie
Wheat Roll	Jello w/Fruit	Tropical Fruit	Warm Cinnamon Apples	Garlic Roll
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk