


**Senior Nutrition Program**

**October 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Chicken Cacciatore Rice Pilaf Peas/Carrots Bar cookie 2% Milk	3 Country Fried Steak Mashed potatoes & Gravy Calif blend Mandarin orange/pineapple Dinner Roll w/margarine 2% Milk  <p style="text-align: center;"><b>BINGO</b></p>	4 Chicken Fajitas Refried Beans Chips/Salsa Mixed fruit Applesauce cake 2% Milk	5 Pulled sweet Pork Au gratin potato Steamed Cabbage w/ shredded carrots Jell-O with fruit Whole Wheat Bread w/ margarine 2% Milk
9 Spaghetti with Meat Sauce Green Salad Fruit French Bread 2% Milk	10 Chili w/ cheese Corn Muffin peaches Cookie 2% Milk	11 Sausage & Egg scramble Hash browns Green Beans Mandarin oranges Cinnamon Roll 2% Milk	12 Ham hoagie 3 Bean salad Fruit Dessert
16 Chicken Enchilada Mexican corn Fruit Cup Refried Beans 2% Milk	17 Tomato Soup Tuna macaroni salad Crackers Peaches & pears Carrot Cake 2% milk	18 Baked Chicken Mashed Potato w/ gravy Glazed Carrot Tropical Fruit Lemon poppyseed cake 2% Milk	19 Stuffed Cabbage Casserole Green Beans Cottage Cheese w/ Pears Bread w/ margarine Ginger snap cookie 2% milk
23 BBQ Ribs sandwich Baked Beans Tator tots Coleslaw Applesauce 2% milk	24 Hawaiian Meatballs green peppers & Pineapple over brown rice Vegetable blend Tropical Fruit Roll w/ margarine 2% Milk	25 Meat pizza Green Salad Peaches Brownie 2% milk	26 Malibu chicken w/ honey Mustard Sauce Cheesy Potato Casserole Peas Mandarin oranges Slice of homemade bread 2% milk  <p style="text-align: right;"><b>PARTY!</b></p>
30 Chicken Alfredo Egg Noodles Calif Blend Fruit Pumpkin choc Chip Cookies 2% Milk	31 Hamburger Goulash Cheese stick Grave yard pudding Bread stick 2% milk <p style="text-align: center;"><b>HAPPY HALLOWEEN!</b></p>		

On the day you plan to eat at the center please Let the Center know the day before or by 9am  
 MENU SUBJECT TO CHANGE AND SUBSTITIONS

**MORONI SENIOR CENTER**  
 80 S 200 W, PO BOX 606