




Elderly Nutrition Program October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Tamales w/sauce Spanish Rice Refried Beans Chips & Salsa Fruit	2 Chef Salad Pineapple Upside Down Cake	3 Brisket Potato Salad Baked Beans Bread Pudding	4 Scrambled Eggs Bacon Hashbrowns Biscuit Fruit OJ/Milk
7 Little Smokies Mac& Cheese Vegetable Bread Ice Cream Cups	8 Walking Taco w/fixing Crisp	9 Chicken Alfredo Vegetable Salad Bar Garlic Bread Texas Sheet Cake	10 Patty Melt w/grilled onions & peppers on Bread Steak Fries Dump Cake	11 Cook's Choice
14 Salisbury Steak Mashed Potatoes Gravy Vegetable Peaches	15 Polish Sausage Cabbage Mac & Cheese Salad Bar Bread Strawberry Short Cake	16 Roast Mashed Potatoes Br Gravy Vegetable Roll/Salad Bar Banana Pudding	17 Stew Cheese Sticks Crackers/Cornbread Rosey Applesauce	18 Scrambled Eggs Sausage Gravy Oatmeal/Cereal Biscuit OJ/Milk
21 Open Face Chili Cheese Burger Tots Turnover	22 Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans Jell-O w/fruit	23 STAFF MEETING	24 Beans & Ham Hocks Rice Zucchini & Tomatoes Cornbread/Salad Bar Donut Holes	25 Lasagna Rolls Salad Bar Garlic Bread Cookie
28 Kraut & Wieners Diced Potatoes Bread Pear Slices	29 Chicken Dumplings Peas & Carrots Salad Bar Roll Pecan Pie	30 Meatloaf Rice & Brown Gravy Veg Roll Rice Crispy Treat	31 Catfish Beans Cole Slaw Hushpuppies Cherry Crisp	

*Milk available upon request

MENU SUBJECT TO CHANGE

*Bread available upon request