





Lunch Club 60 Menu October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Meatloaf w/ Gravy Mashed Potatoes Brussels Sprouts Wheat Dinner Roll Apricots	3	4 Sloppy Joes on Bun Boiled Potatoes Navy Bean Soup Saltines (1 Packet) Petite Banana
7 Dijon Chicken Rice Mixed Vegetables Wheat Dinner Roll Mandarin Oranges Ice Cream	8	9 Pork Chop w/ Gravy Mashed Sweet Potatoes Peas 12-Grain Bread Pineapples Cookie	10 	11 Tuna Salad on 12-Grain Bread w/Lettuce & Tomato Pea & Cheese Salad Fresh Orange
14 Stuffed Shells w/ Sauce Carrots Green Beans Crusty Roll Brownie Apple Juice	15 	16 Ground Taco Beef Tacos w/Cheese, Lettuce, Tomato & Sour Cream Wheat Tortillas (2) Navy Bean Soup Saltines (1 Packet) Fresh Nectarine Sherbet	17	18 Pub Burger on Bun w/ Catsup, Mustard & Relish Lettuce & Tomato Broccoli Pasta Salad Petite Banana
21 Salisbury Steak w/ Gravy Mashed Winter Squash Cauliflower Wheat Dinner Roll Trail Mix	22	23 Seafood Salad on 12-Grain Bread w/Lettuce & Tomato Corn Tomato Soup Saltines (1 Packet) Fresh Apple Grape Juice	24	25 Meatballs w/Pasta & Sauce Tossed Salad w/ Ranch Dressing Italian Bread Fruit Cocktail
28 * Special Catered Meal! See Activity Calendar	29	30 Harvest Festival At Pineway!	31 	1

All meals served with milk - Soup served with crackers.

Certified by Jackie Williams, RD - 7/10/2024

*Indicates meal is not provided by Office for the Aging Program