

# OCTOBER 2019 MENU

Menu items are subject to change due to availability of food items. Items with \*\* contain pork or pork products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Shepard's Pie Mashed Potatoes Zucchini Whole Grain Roll Peaches	2 Scrambled Egg Bake Mushrooms and Spinach O'Brien Potatoes Croissant Fresh Fruit	3 Pork Fritter w/ Gravy** Garden Salad Roasted Red Potatoes Whole Grain Biscuit Pineapple Upside Down Cake	4 Tuna Casserole w/ Egg Noodles Broccoli Corn Whole Grain Crackers Sliced Pears
7 Baked Ham w/ Pineapple** Cauliflower Stewed Tomatoes Whole Grain Roll Fruit Cocktail	8 Shrimp Alfredo Fresh Green Beans Carrots Whole Wheat Roll Mixed Berries	9 Beef Tacos Lettuce, Cheese, Tomatoes Salsa Whole Wheat Tortilla Refried Beans Fresh Banana	10 Zesty BBQ Chicken Baked Beans Grilled Vegetable Mix Whole Grain Roll Crisp Apple	11 <u>Cold Salad Plate</u> Egg, 3-Bean and Orange Sliced Beets. Whole Grain Roll Sweet Blueberry Crisp
14 Baked Catfish Vegetable Rice Pilaf Broccoli Whole Grain Roll Fresh Fruit	15 Vegetable Lasagna Italian Blend Vegetables Asparagus Whole Grain Roll Cinnamon Sliced Peaches	16 Chicken Parmigiana Bed of Bow Tie Pasta Garden Salad Spinach Vanilla Pudding w/ Fruit	17 Bratwurst w/ Sauerkraut ** German Potato Salad Sliced Carrots Whole Grain Bun Nutmeg Spiced Pears	18 Meatloaf w/ Gravy Mashed Potatoes Chuck Wagon Corn Whole grain Roll Sliced Apples
21 Pork Stir Fry** Peppers and Broccoli Bok Choy Brown Rice Fruit Cup	22 <b>Birthday Celebration</b> Honey Sesame Chicken Thighs Carrots Zucchini and Squash Whole Wheat Roll Banana Cake	23 Turkey Burger w/ Lettuce & Tomato Baked Beans Baked French Fries Whole Wheat Bun Orange	24 Sloppy Joe Winter Blend Vegetables Sweet Corn Whole Wheat bun Apricots	25 Lemon Pepper Tilapia California Vegetables Garden Salad Whole Grain Roll Fruit Cocktail
28 Broccoli & Cheese Chicken Green Beans Spinach Whole Wheat Roll Pineapple	29 Tuna Salad Sandwich Lettuce and Tomato Sliced Beets Whole Grain Bun Grapes	30 Baked Potato w/ Chili & Cheese Broccoli Stewed Tomatoes Whole Wheat Roll Sliced Pears	31 Hawaiian Pork Tacos** Rainbow Vegetables Zucchini Whole Wheat Tortilla Pineapple	

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