

OCTOBER MENU

MANISTIQUE NUTRITION SITE

Mon

Tue

Wed

Thu

Fri

<p>2 Breaded Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches</p>	<p>3 Dinner Frank Cheesy Potatoes Buttered Corn Orange Slices</p>	<p>4 Porcupine Meatballs Red Potatoes Country Blend Veggies Sunshine Cake</p>	<p>5 Liver & Onions Mashed Potatoes w/ Gravy; Green Beans Fruited Pudding</p>	<p>6 Sloppy Joes Potato Salad Fresh Vegetables Golden Apple</p>
<p>9 Beef Parmesan w/ Linguini Brussel Sprouts Garden Salad Diced Pears</p>	<p>10 Ham Au Gratin Potatoes Baby Carrots Pistachio Dessert</p>	<p>11 Baked Salmon Sour Cream & Chive Potatoes Buttered Peas Cutie Fruit</p>	<p>12 Turkey Roll-Ups Sweet Potatoes Broccoli Pumpkin Bar</p>	<p>13 Hamburger Casserole Cut Green Beans Romaine salad Peach Quick Cake</p>
<p>16 Western Egg Bake (Ham, Potatoes, Cheese, Onions, Gr Peppers); OJ Mini Bagel</p>	<p>17 Pepper Steak w/Rice Oriental Vegetables Japanese Coleslaw Mandarin Oranges</p>	<p>18 Barbecue Ribs Baked Potatoes Peas-n-Carrots Fruit Cup</p>	<p>19 Chicken Cacciatore over Pasta Green Beans, Garlic Bread; Cherry Applesauce</p>	<p>20 Fish Sandwich Oven Potatoes Calico Beans Grape Dessert</p>
<p>23 Cream of Potato Soup Pickled Bologna Sandwich Coleslaw Fruit</p>	<p>24 Pork Chop Twice-Baked Potato Calif Blend Vegetables Chunky Applesauce</p>	<p>25 Vegetable Lasagna Caesar Salad Garlic Breadstick Peach Crisp</p>	<p>26 Tater Tot Casserole Carrots Ambrosia Dessert</p>	<p>27 Enchilada (lettuce, tomato & black olives on the side) Spanish Rice Fresh Melon Cup</p>
<p>30 Cheeseburger Sweet Potato Wedges Carrot-Raisin Salad Tropical Fruit</p>	<p>31 Baked Chicken Potatoes Fall Squash Fruit</p>	 <p>OCTOBER MENU Menu is for <u>ALL</u> our senior centers. Call your senior center with questions/comments.</p>		

341-5085
MANISTIQUE

