

# OCTOBER MENU

# MANISTIQUE NUTRITION SITE

Mon

Tue

Wed

Thu

Fri

<p><b>1</b> Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches</p>	<p><b>2</b> Liver &amp; Onions OR Beef Steak (<i>call with selection</i>) Mashed Potatoes with Gravy  Green Beans Fruited Pudding</p>	<p><b>3</b> Porcupine Meatballs Smashed Red Potatoes Country Blend Veggies Sunshine Cake</p>	<p><b>4</b> Sloppy Joes Mac &amp; Cheese Fresh Veggies Apple</p>	<p><b>5</b> Polish Sausage with Sauerkraut  Cheesy Potatoes Buttered Corn Orange Slices</p>
<p><b>8</b> Spaghetti with Meat Sauce  Garlic Breadstick Italian Vegetable Diced Pears</p>	<p><b>9</b> Sweet &amp; Sour Pork over Rice  Oriental Coleslaw Fruit Cup</p>	<p><b>10</b> Chili Cinnamon Sweet Roll Pea &amp; Cheese Salad Fruit</p>	<p><b>11</b> Swiss Mushroom Chicken Breast  Sweet Potatoes Broccoli Pumpkin Mousse</p>	<p><b>12</b> Goulash Green Beans Romaine salad Peaches</p>
<p><b>15</b> Western Egg Bake (Ham, Potatoes, Cheese, Onions, Green Peppers) Orange Juice Danish</p>	<p><b>16</b> Chicken Parmesan over Pasta  Garlic Bread Prince William Veggies Green Beans Cherry Applesauce</p>	<p><b>17</b> Ham Slice Au Gratin Potatoes Baby Carrots Ambrosia</p>	<p><b>18</b> Stuffed Chicken Salad on tomato served on bed of lettuce  Cranberry Jell-O Muffin</p>	<p><b>19</b> Fish Sandwich Oven Potatoes Calico Beans Grape Dessert</p>
<p><b>22</b> Tater Tot Casserole Key West Vegetables Mandarin Oranges</p>	<p><b>23</b> Beef Enchilada (lettuce, tomato, &amp; black olives on the side) Spanish Rice Fresh Melon Cup</p>	<p><b>24</b> Chicken Alfredo Lasagna  Italian Vegetables Garlic Breadstick Fruit</p>	<p><b>25</b> Pepper Steak over Rice Oriental Veggies Japanese Coleslaw Peach Crisp</p>	<p><b>26</b> Cream of Broccoli Soup Stacked Ham Sandwich Cold Salad Sliced Pears</p>
<p><b>29</b> Cheeseburger w/Bun Potato Wedges Baked Beans Tropical Fruit</p>	<p><b>30</b> Baked Chicken Baked Potatoes Fall Squash Chunky Applesauce</p>	<p><b>31</b> Bacon Pork Chops Twice-Baked Potato California Blend Veggies Halloween Dessert</p>	<p style="text-align: center;"><b>Menu is for all our senior centers. Call your senior center with questions/comments.</b></p> <p style="text-align: center;"><i>Subject to change</i></p>	



**341-5085**

**MANISTIQUE**

**HOW DO I GET TO THE NUTRITION SITE?**

**EMAIL THE SITE**