

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u>  Chicken Cacciatore Rice Fruit	<u>3</u>  Cream of Potato Soup Beef & Macaroni Vegetable Blend Pears	<u>4</u>  Bratwurst Sauerkraut German Potato Salad Pudding	<u>5</u>  Ravioli Garden Salad Eclairs	<u>6</u>  Beef Stew Egg Noodles Green Beans Chocolate Cream Pie
<u>9</u>  Glazed Pork Loin Mashed Sweet Potatoes Carrots Pound Cake	<u>10</u>  Spaghetti & Meatballs Caesar Salad Fruit Salad	<u>11</u>  Chicken Pot Pie w/ Vegetables Biscuits Pudding	<u>12</u>  Italian Sausage on a Roll Peppers & Onions Fries Ice Cream	<u>13</u>  Baked Fish Rice Chef's Vegetable Assorted Desserts
<u>16</u>  Pork Chop Potatoes au Gratin Chef's Vegetable Cinnamon Apples	<u>17</u>  White Chicken Chili Corn Bread Sugar Free Jell-O	<u>18</u>  Lasagna Garden Salad Garlic Bread Cookies	<u>19</u>  Meatloaf Mashed Potatoes Vegetable Blend Pie	<u>20</u>  Hot Italian Sub Caesar Salad Assorted Desserts
<u>23</u>  Oven Fried Chicken Creamy Cheese Shells Vegetable Medley Angel Food Cake	<u>24</u>  Cheeseburger Lettuce & Tomato Tater Tots Pudding	<u>25</u>  Pulled Pork Baked Beans Succotash Brownie	<u>26</u>  Fish & Chips Slaw Birthday Cake Ice Cream <u>BIRTHDAY DAY</u>	<u>27</u>  Hot Turkey Sandwich Mashed Potatoes Peas & Onions Pumpkin Pie
<u>30</u>  Glazed Ham Baked Sweet Potato Green Beans Fruit	<u>31</u>  Pot Roast Roasted Redskin Potatoes Baby Carrots Rice Pudding	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.	 <u>KITCHEN STAFF</u> Paul O'Brien, Cook	<u>MENU</u> <u>FOR</u> <u>OCTOBER</u> <u>2023</u> 

Although every effort will be made to serve the meals as indicated, the menu is, however, subject to change.