

























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MENU</u> </p> <p><u>FOR</u></p> <p><u>OCTOBER</u></p> <p><u>2024</u></p>	<p><u>1</u> </p> <p>Chicken Fingers Fries Peas Pudding</p>	<p><u>2</u> </p> <p>Salisbury Steak Mashed Potatoes Peas Cake</p>	<p><u>3</u> </p> <p>Stuffed Cabbage Rice Corn Cookies</p>	<p><u>4</u> </p> <p>Beef Stew Egg Noodles Carrots Corn Bread Fruit</p>
<p><u>7</u> </p> <p>Pork Chops Rice Broccoli Gravy Cake</p>	<p><u>8</u> </p> <p>BBQ Chicken Mac & Cheese Green Beans Lemon Bars</p>	<p><u>9</u> </p> <p>Potato Bar, etc. Chef's Choice Veggie Fruit</p>	<p><u>10</u> <u>FEAST</u> </p> <p>Crab Cakes Fries Caesar Salad Cake</p>	<p><u>11</u> </p> <p>Cheeseburger Chef's Choice Veggie Chips Assorted Desserts</p>
<p><u>14</u> </p> <p>Sloppy Joe Corn Nuggets Salad Brownie</p>	<p><u>15</u> </p> <p>Fish & Chips Salad Cake</p>	<p><u>16</u> </p> <p>Chicken & Dumplings Green Beans Fruit</p>	<p><u>17</u> </p> <p>Meatloaf Mashed Potatoes Gravy Corn Cookies</p>	<p><u>18</u> </p> <p>Pizza Salad Tater Tots Assorted Desserts</p>
<p><u>21</u> </p> <p>Stuffed Pepper Rice Squash Pudding</p>	<p><u>22</u> </p> <p>Baked Chicken Red Bliss Mashed Potatoes Peas Lemon Bars</p>	<p><u>23</u> </p> <p>BBQ Ribs Mac & Cheese Greens Fruit</p>	<p><u>24</u> </p> <p>Taco Salad, etc. Birthday Cake Ice Cream <u>BIRTHDAY DAY</u></p>	<p><u>25</u> </p> <p>Country Fried Steak Mashed Potatoes Broccoli Assorted Desserts</p>
<p><u>28</u> </p> <p>Oven Fried Chicken Tater Tots Corn Pie</p>	<p><u>29</u> </p> <p>Flounder Rice Zucchini Brownie</p>	<p><u>30</u> </p> <p>Pork Loin Spanish Rice Asparagus Fruit</p>	<p><u>31</u> </p> <p>Honey BBQ Chicken Potato Pancakes Peas Cake</p>	<p><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.</p>

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