











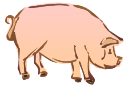











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>M E N U</u> <u>F O R</u> <u>OCTOBER</u> <u>2 0 2 5</u> Mike Tedeschi Cook	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, national origin, handicap or creed.	<u>1</u>  Beef Stew Green Beans Cookies	<u>2</u>  Tuna Casserole Salad Fruit	<u>3</u>  Lasagna Salad Garlic Bread Brownies
<u>6</u>  Hot Dog Baked Beans Cole Slaw Fruit	<u>7</u>  Oven Fried Chicken Rice Peas Cookies	<u>8</u>  Creamed Chip Beef Biscuit Fruit	<u>9</u> <u>FEAST</u>  Shrimp Fries Salad Cake	<u>10</u>  Ham Sandwich Cream of Potato Soup Chips Assorted Desserts
<u>13</u>  Omelet Sausage Hash Browns Fruit	<u>14</u>  Chicken Parm Spaghetti Green Beans Pudding	<u>15</u>  French Toast Bake Sausage Fruit	<u>16</u> <u>FEAST</u>  Meatloaf Mashed Potatoes Mixed Veggies Cake	<u>17</u>  Turkey Sandwich Chicken Noodle Soup Chips Assorted Desserts
<u>20</u>  Pork Loin Rice Broccoli Pie	<u>21</u> <u>FEAST</u>  Crab Cake Rice Salad Fruit	<u>22</u>  Sausage Peppers & Onions Salad Chips Applesauce	<u>23</u>  Hamburger Onion Rings Chef's Choice Veggie Cake BIRTHDAY DAY	<u>24</u>  Tuna Sandwich Lettuce & Tomato Chips Assorted Desserts
<u>27</u>  Baked Fish Rice Carrots Pie	<u>28</u>  Stuffed Shells Green Beans Fruit	<u>29</u>  Chicken Marsala Mashed Potatoes Peas Cake	<u>30</u>  Pork Chop Oven Roasted Potatoes Mixed Veggies Pie	<u>31</u>  Roast Beef Sandwich Vegetable Beef Soup Chips Assorted Desserts

Although every effort will be made to serve the meals
as indicated, the menu is, however, subject to change.
Milk, juice and bread are available at all meals.

Approved _____
Nutritionist Date

