

October 31 thru December 9,2005 FamilyService Association six week menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 31-Oct thru 4-Nov	Pork Riblet Green Beans w/ red Peppers Au gratin Potatoes Oreo Wheat Bread	Salisbury Steak Parsley Carrots Garlic Mashed Potatoes Diced Peaches Wheat Roll	BBQ Chicken Legs Baked Beans Mixed Vegetables Tart Biscuit	Cheddar Noodles & Ham Casserole Broccoli Fresh Fruit in Season Wheat Bread	Sloppy Joes ColeSlaw Succatash Spice Cake
<b>Week 2</b> 6-Nov thru 11-Nov	Baked Meat Loaf/Gravy Mashed Potatoes Brussels Sprouts Mandarin Oranges Chocolate Chip Cookies Wheat Bread	Chicken Pattie w/gravy Peas & Carrots Cheesy Hashbrowns Vanilla Butterscotch Swirl Cranberry Juice Wheat Bread	Pepper Steak Broccoli Steamed Rice Apple Sauce Sugar Cookie Wheat Roll	Oven Fried Chicken Carrot Coins Garlic Potatoes Rosy Pears Cheesy Biscuit	Fish Triangles Garden Rice Green Salad w/ tom Fresh fruit in Season Wheat Bread
<b>Week 3</b> 13-Nov thru 18-Nov	Beef Lasagna Italian Vegetables Fruit Cocktail Bread Stick	Citrus Chicken Rice Pilaf Capri Vegetables Diced Peaches White cake with lemon frosting Wheat Bread	Meatballs w/gravy Red Potatoes Carrot Coins Tropical Fruit Wheat Bread	Roasted Turkey Mashed Potatoes w/gravy Yams/Green Beans w/onions Cranberry Sauce Roll Pumkin Pie	Frankfurter w/Chili Beans Coleslaw w/pineapple Teddy Grams Orange Biscuit
<b>Week 4</b> 20-Nov thru 25-Nov	Stuffed Bell Peppers Mashed Potatoes Mixed Vegetables FigNewton's Wheat Bread	Lazy Chicken Garden rice Green Beans w/red peppers Fruit Cocktail Wheat Roll	Spaghetti w/ Meatballs Italian Blend Veggies Green Salad w/tom Banana Pudding Bread Stick	Happy Thanksgiving !!  Center Closed	Center Closed
<b>Week 5</b> 28-Nov thru 2-Dec	BBQ Pork Riblet Scalloped Potatoes Capri Vegetables Teddi Grams Wheat Bread	Salisbury Steak Green Bean & Corn Casserole Red Potatoes Jell-o w/ fruit Wheat Bread	Pork Chop w/gravy Carrot Coins Garlic Mash Potatoes Tapioca Pudding Corn Bread	Breaded Chicken Strips Baked Beans Cole Slaw Fresh Orange Chocolate Chip Cookies Wheat Roll	Tuna Casserole Mixed Vegetables Green Salad White Cake w/Chocolate Frosting Wheat Bread
<b>Week 6</b> 5-Dec thru 9-Dec	Swedish Meatballs Peas & Carrots Noodles Chocolate/Vanilla Swirl Wheat Bread	Teriyaki Chicken Oriental Rice Oriental Blend Vegetables Crispy Noodles Almond Cookie	Turkey Pattie w/gravy Simple Broccoli Casserole Jell-o w/ fruit Biscuit	Beef Enchilada Casserole Refried Beans Spanish Rice Fresh Banana Apple Crisp	Country Fried Steak Cheesy Potatoes Brussel Sprouts Green Salad w/tomato Pound Cake w/pudding Wheat Bread

Milk served with every meal

Meals subject to change due to availability of food products.

Senior Nutrition Program Main Office

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