

Meet, Greet & Eat

October's Menu – Bon Appétit!

MONDAY	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY	FRIDAY
Ziti Parmesan 2 Sausage Soup Spinach Sherbet Cup	Breakfast for lunch 3 Waffles Eggs to order Bacon, hash browns Toast, fruit , beverages	Pub Burger 4 OR Tuna Salad Sandwich Baked Beans Ambrosia Pumpkin Cookie	Roast Beef w/Gravy 5 Macaroni & Cheese Stewed Tomatoes Apple Cobbler	Broiled Fish w/Lemon 6 OR Chicken w/Orange Lemon Brown Rice Pilaf Peas Pineapple Tidbits
Meatball Parmesan 9 Sub Navy Bean Soup Fruit Cocktail M&M Cookie	Breakfast for Lunch 10 Pancakes Eggs to order Sausage, hash browns Toast, fruit , beverages	Grandma's Meatloaf 11 Chantilly Potatoes Broccoli Pineapple Upside Down Cake	BBQ Chicken Breast 12 OR Western Omelet Baby Red Potatoes Garden Salad Strawberry Fruited Gelatin	Beer Battered Fish 13 OR Salisbury Steak Brown Rice Pilaf Winter Squash Mandarin Oranges
Stuffed Pepper 16 Casserole Wax Beans Baby Carrots Banana	Breakfast for Lunch 17 French Toast Eggs to order Bacon, hash browns Toast, fruit , beverages	Roast Turkey w/Gravy 18 Apple Bread Dressing Monte Carlo Blend Veg. Apricot Halves	Grandma's Meatloaf 19 Macaroni & Cheese Stewed Tomatoes Vanilla Cake w/Peanut Butter Frosting	Fish Florentine 20 OR Halupki Mashed Potatoes Broccoli Pumpkin Cookie
Chicken Cacciatore 23 Over Rice Cut Green Beans Cottage Cheese Chocolate Chip Cookie	Breakfast for Lunch 24 Waffles Eggs to order Sausage, hash browns Toast, fruit , beverages	Ham w/Raisin Sauce 25 Scalloped Potatoes Traditional Blend Veg. Apple Crisp	Beer Battered Fish 26 OR Chicken w/Honey Mustard Baked Potato w/Chives Coleslaw Peaches	Salisbury Steak 27 OR Broiled Fish Brown Rice Pilaf Winter Squash Fruit Cocktail
Cheesy Shells Casserole 30 Navy Bean Soup Cauliflower w/Parsley Sugar Cookie	Halloween Party! 31 Breakfast for Lunch Pumpkin Pancakes Eggs, bacon Hash Browns Toast, fruit, beverages	Upcoming November Specials: - Senior Games Post Games Pancake Breakfast: <i>Saturday, November 4th</i> <i>from 8-11 am</i> at the Broome West Senior Center in Endwell - Veterans Day Remembrance: <i>Wednesday, Nov. 8th</i> at participating Senior Centers - Thanksgiving Luncheon: <i>Wednesday, Nov. 15th (Deposit 11/16)</i> at Senior Centers Mark your calendars and look for more information in the November Issue		