


# Alicia Broadous-Duncan Dining Center

## October 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RIN MIYAMOTO</b> <b>Dining Coordinator</b> <b>SUGGESTED DONATION OF</b> <b>\$3.10 FOR THOSE 60 YEARS</b> <b>OLD AND OVER</b>	<b>1.</b> <b>Baked Pollack w/Lemon Sauce</b> Whole Grain Roll OR Bread Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk	<b>2.</b> <b>BBQ Chicken</b> Brown Rice Yam OR Sweet Potato Tri Color Coleslaw Peach OR Pear Low fat Milk	<b>3.</b> <b>Tamale Pie (Turkey)</b> Black Beans Mesclun Salad Greens w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie OPTIONAL Low fat Milk	<b>4.</b> <b>Meatloaf w/Gravy (Beef)</b> Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk
<b>7.</b> <b>Chicken Adobo</b> Brown Rice/Green Peas Mesclun Salad w/Garbanzo Beans & Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk	<b>8.</b> <b>Turkey Milanese &amp; Linguine w/ Pesto Sauce</b> Cauliflower & Zucchini Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/Granola Low fat Milk OPTIONAL	<b>9.</b> <b>Salmon w/Dill Sauce</b> Whole Grain Roll Green Beans Chopped Mixed Salad w/Spinach, Kale, & Bell Pepper & Italian Dressing Cinnamon Applesauce Low fat Milk	<b>10.</b> <b>Asian Beef Stir Fry w/ Mixed Asian Vegetables</b> Brown Rice Beet Salad *Cantaloupe OR Tangerine Low fat Milk	<b>11. *Orange Juice</b> <b>Vegetarian Chili</b> Corn Bread Herb Roasted Carrots Mixed Salad Greens w/French Dressing Banana Low fat Milk
<b>14.</b> <b>THE CENTER IS</b> <b>CLOSED FOR THE</b> <b>COLUMBUS/INDIGENOUS</b> <b>PEOPLES' DAY</b> <b>HOLIDAY</b>	<b>15.</b> <b>Beef Fajita w/Peppers &amp; Onions</b> Whole Grain Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk	<b>16.</b> <b>Mediterranean Chicken</b> Pita Bread/Hummus Brown Rice Pilaf/Roasted Vegetables/Lentil Salad Drsg w/Cucumbers & Vinaigrette *Cantaloupe OR Tangerine Low fat Milk	<b>17.</b> <b>Tuna Salad Cold Plate</b> Whole Grain Roll Herbed Potato Salad OR Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce Low fat Milk	<b>18.</b> <b>Roast Turkey Breast</b> Whole Grain Stuffing Fresh Baked Yam OR Sweet Potato Spinach Salad w/French Dressing *Kiwi OR Orange AND Lemon Pudding OPTIONAL Low fat Milk
<b>21.</b> <b>Fish Creole</b> Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum Low fat Milk <b>FOOD BANK</b>	<b>22.</b> <b>Chicken Dijon</b> Whole Grain Roll Herb Zucchini & Green Beans Chopped Salad w/Kale, Lettuce, & Cucumber w/Vinaigrette Dressing Fresh Fruit in Season Low fat Milk	<b>23. *Orange Juice</b> <b>Stuffed Bell Pepper (Turkey)</b> Dinner Roll/Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple AND Red Gelatin Cubes w/Yogurt OPTIONAL Low fat Milk	<b>24.</b> <b>Tuscan Bean Stew</b> Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Dressing *Orange Low fat Milk	<b>25.</b> <b>Korean BBQ (Beef)</b> Herbed Brown Rice Sauté Zucchini w/Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple Low fat Milk
<b>28.</b> <b>Savory Beef Stew</b> Whole Grain Roll OR Bread Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk	<b>29.</b> <b>Turkey Vegetable Stir Fry w/Lo Mein Noodles &amp; Mixed Asian Blend Vegetables</b> *Cabbage, Cucumber, & Radish Salad w/Sesame Dressing Poached Ginger Pear Low fat Milk	<b>30.</b> <b>Caribbean Chicken</b> Brown Rice Pilaf Corn Carrots Bell Pepper, & Celery Salad Fresh Fruit in Season Low fat Milk	<b>31. *Orange Juice</b> <b>Bolognese (Turkey) w/Penne Pasta</b> Squash Herbed Zucchini & Yellow Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk	

**Lunch served at 11:30 AM - please arrive early to secure your meal!** MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

\*Vitamin C Source