


October 2024 - Congregate Menu

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

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

*Vitamin C Source