

October

Nutrition Menu

Lunch is served
Monday - Friday at Noon
Reservations required
Call 248.659.1032
by 11 am the day prior



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; background-color: #f4a460; display: inline-block;"> <p>COST OF LUNCH: 60 & over - \$3 donation Under 60 - \$4 charge</p> </div>				<p>1 Vegetable Lasagna Carrot Slices Peach Halves Wheat Bread</p>
<p>5 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Breadstick</p>	<p>5 Tuscan Chicken Red Skin Potatoes California Blend Apricots Dinner Roll</p>	<p>6 Beef Pastie w/gravy Garlic Mashed Potatoes Three Bean Salad Zucchini Cole Slaw Ambrosia Dinner Roll</p>	<p>7 Roasted Turkey w/gravy Garlic Mashed Potatoes Asparagus Garden Salad Mixed Fruit/Corn Muffin</p>	<p>8 Mostaccioli w/meatsauce Carrots Romaine Salad Pear Slices Wheat Roll</p>
<p>11 Swedish Meatballs Noodles Scandinavian Blend Pea Salad Fruit Salad Dinner Roll</p>	<p>12 Port Chop w/Sauerkraut Rosemary Roasted Potato Price Charles Blend Grapes Whole Wheat Bread</p>	<p>13 Chicken a la King Whole Potatoes Mixed Vegetables Fruit Salad Breadstick</p>	<p>14 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange Wheat Bread</p>	<p>15 Chicken Parmesan Vegetable Rice Pilaf Cole Slaw Apple Breadstick</p>
<p>18 Macaroni & Cheese Herbed Green Beans Romaine Salad Fruit Cocktail Corn Muffin</p>	<p>19 Chinese Chicken Casserole Carrot Salad Oriental Blend Vegetable Grapes Dinner Roll</p>	<p>20 Italian Lasagna Italian Cut Green Beans Romaine Salad Fruit Medley Italian Bread</p>	<p>21 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie</p>	<p>22 Baked Cod Baked Potato Broccoli Cuts Apricots Dinner Roll</p>
<p>25 Salisbury Steak Parsley Potatoes Roasted Brussel Sprouts Sliced Peaches Wheat Bread</p>	<p>26 Escalloped Chicken & Noodles Green Beans Cabbage Slaw Banana Wheat Bread</p>	<p>27 Ham Low Sodium Au Gratin Potatoes Mixed Vegetables Garden Salad Fresh Pear Dinner Roll</p>	<p>28 Spanish Rice w/meat Key West Vegetable Carrot Salad Fruit Cup Whole Wheat Roll</p>	<p>29 Chicken w/Gravy Red Skin Potatoes Mixed Vegetable Fruit Salad Dinner Roll</p>

Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795