

October

Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm

Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0 60 and Over - \$3 suggested donation | Under 60 - \$4 charge | Menu is subject to change based on availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Pastie w/Carrots Spinach Romaine Salad Cranberry Jello w/Fresh Fruit	2 Italian Ravioli Romaine Garden Salad Italian Blend Vegetables Fresh Blueberries	3 Turkey Breast w/Gravy Sweet Potatoes Savory Spinach Four Fruit Salad	4 Birthday Lunch Lemon Pepper Cod Au Gratin Potatoes Asparagus Cole Slaw w/Green Pepper Fruit Cocktail	5 Chicken Cacciatore Roasted Potatoes Spring Mix Salad California Blend Vegetable Fresh Orange
8 Salisbury Steak Baked Potato Roasted Brussel Sprouts Mandarin Orange Salad	9 Baked Chicken w/Gravy Wild Rice Mixed Vegetables Romaine Garden Salad Plums	10 Turkey Burger Sante Fe Salad Cookie Fresh Apple	11 Breaded Pork Chop Red Skin Potatoes Succotash Spinach Salad Coconut Tropical Fruit Salad	12 Spaghetti w/Meatballs Romaine Spring Mix Salad Green Beans Peach Halves
15 Homestyle Mac 'n Cheese Baby Beets Cabbage Slaw Citrus Fruit	16 Ham Yams Broccoli Salad Key West Vegetable Mixed Fruit	17 Meatloaf w/Gravy Garlic Mashed Potatoes Romaine Garden Salad Italian Blend Vegetable Baked Apples	18 Beef Chow Mein Marinated Carrot Salad Oriental Vegetable Plums	19 Chicken a la King w/Rice Herbed Green Beans Spinach Salad Red Grapes
22 Stuffed Green Pepper Mashed Potatoes Cabbage Slaw Riviera Blend Vegetable Red Apple	23 Featured Lunch Kielbasa Sandwich Baked Beans Sauerkraut Cauliflower Salad German Chocolate Cake	24 Baked Pollock Brown Rice Cabbage & Carrots Orange Sections	25 Chinese Pepper Steak Brown Rice Oriental Vegetable Garden Salad Peach Slices	26 Garden Citrus Chicken Roasted Potatoes Vegetable Salad Peas Applesauce
29 Lasagna Tossed Salad w/Garbanzo Beans Normandy Blend Vegetable Apricots	30 Chicken Broccoli with Sliced Carrots Spinach Salad Apple Juice	31 Tuna Pasta Salad Peas V-8 Juice Mini Muffin Fresh Orange	BIRTHDAY LUNCH Thursday, October 3 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, October 2 and Identify yourself as a "Birthday Senior". Call 248-656-1403 Ext. 0.	

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**