

# OCTOBER NUTRITION

## MONTHLY DINNER:

*Wednesday, October 17*

Bratwurst, Sauerkraut, Mashed Potatoes, Roll, and Black Forest Cake

Reservations must be made by Monday, October 15 with the names of all people in the party.

## Special

### Lunches:

- Oct 4-**Sabres Kick-off**
- Oct 29-**Tailgate**
- Oct 31-**Halloween**

LUNCH is served Monday-Friday from 12:00-1:00. Please make reservations 24 hours in advance.

The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

## This menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Breaded chicken leg, Spanish rice, spinach, corn muffin, diced peaches	<b>2</b> Tilapia, oven browned potatoes, mixed vegetables, 12 grain bread, applesauce	<b>3</b> BBQ ribette, scalloped potatoes, California blend, club roll, mandarin oranges	<b>4 SABRES KICKOFF</b> Hamburger, potato wedges, green beans, roll, chocolate cake	<b>5</b> Meat lasagna, grape juice, carrots, Italian bread, lemon ice
<b>8</b> Chicken patty, rice pilaf, Brussels sprouts, roll, Fig Newtons	<b>9</b> Hot roast beef sandwich w/gravy, scalloped potatoes, broccoli, white bread, apricots	<b>10</b> Stuffed peppers, mashed potatoes, carrots, multi-grain bread, butterscotch pudding	<b>11</b> Turkey w/gravy, sweet potatoes, peas & onions, stuffing, diced peaches	<b>12</b> Omelet, hash browned potatoes, cranberry muffin, Italian cookies
<b>15</b> Ham, scalloped potatoes, corn, club roll, pineapple tidbits	<b>16</b> Chicken parmesan, broccoli, cauliflower, pasta, fruited Jell-O	<b>17</b> Beef stew, mashed potatoes, stew vegetables, biscuit, mandarin oranges	<b>18</b> Hot turkey sandwich, soup, chef salad, white bread, cookies	<b>19</b> Breaded fish, boiled potatoes, carrots, rye bread, lime sherbet
<b>22</b> Chicken leg, baked potato, carrots, dinner roll, apple crisp	<b>23</b> Beefaroni, green beans, corn, angel food cake	<b>24</b> Ham, au gratin potatoes, lima bean bake, honey bran bread, tropical fruit	<b>25</b> Meatloaf w/gravy, mashed potatoes, peas, dinner roll, chocolate pudding	<b>26</b> Macaroni & cheese, stewed tomatoes, apple juice, blueberry muffin, diced pears
<b>29 TAILGATE</b> Make your own salad, New England clam chowder, fruit punch, Italian bread, ice cream	<b>30</b> Hot dog, baked beans, corn, bun, orange	<b>31 HALLOWEEN</b> Chicken fingers, smashed potatoes, carrots, wheat dinner roll, spooky Jell-O		



**HAPPY HALLOWEEN**



**ALL MEAL RESERVATIONS OR CANCELLATIONS 636-3050**