



# October 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			<b>1</b>	<b>2</b>
<b>Please Call                      623-979-3570                      For                      Reservations</b>			Pork Ribs Baked Beans Vegetable Pasta Salad Peach Cobbler	Turkey Salad Sandwich Broccoli Salad Carrot Sticks Grapes
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Veggie Lasagna Side Salad Sicilian Veg Melon	Beef Chili Dill Carrots Fresh Fruit	Oven Fried Chicken Mashed Potatoes Mixed Vegetables Apricots 	Baked Lemon Pepper Fish Brussel Sprouts Squash Butternut Wild Rice Orange	Pork Marsala Green Beans Baked Potato Apple Slices
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Turkey Pot Pie Sautéed Mushrooms Tropical Fruit 	Bean Tostada Spanish Rice Stew Tomatoes w/ Zucchini Mango	Country Fried Steak Au Gratin Potato Peas and Carrots Fresh Fruit	Pulled BBQ Chicken Sandwich Winter Blend Vegetables Wedge Potato Fruit Cocktail	Oven Fried Fish Roasted Sweet Potato Coleslaw Mixed Berry Cobbler
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Green Chili Pork Pinto Beans Spanish Rice Pears	Shrimp Alfredo Spinach Salad Steamed Broccoli Fruit Cup	Black Bean Burger Sweet Potato Tots Beets Roasted Strawberries	Meatloaf Capri Vegetables Mashed Potatoes Fresh Fruit 	Chicken Teriyaki Asian Vegetables Peas & Carrots Mandarin Oranges
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Baked Salmon Steamed Cabbage Glazed Carrots Plums 	Smothered Pork Chops Roasted Red Potato Winter Squash Fresh Fruit	Swedish Turkey Meatballs Mixed Vegetables Brussel Sprouts Roasted Peaches	Cheese Tortellini Spinach 3 Bean Salad Banana	Stuffed Bell Peppers Country Vegetables Apple Cobbler 

**MENU IS SUBJECT TO CHANGE.** Lunch is served Monday - Friday at 11:45 a.m. for adults 60 years and older. A \$3.00 (\$5.00 for those younger than 60) contribution is requested to help offset food costs. The cost of the meal is done on a contribution basis so that each of you can pay what is within your financial reach. If you cannot afford the total amount, any amount that you can afford is satisfactory. Each participant is requested to follow these guidelines. By doing so we all benefit.

Thanks, your Senior Center Staff and Site Council

*Thank you! FSL Programs*

*If there are less than 3 requests for Soup/Salad bar on scheduled days, a pre-made salad will be provided instead.*