

October 2024

Elder Services of Worcester Area Nutrition Program

Menu Subject to Change

Tuesday 1st

Vegetable Cheese Bake

Seasoned Potatoes

Capri Blend Vegetables

Mixed Fruit

Italian Bread

Wednesday 2d

Greek Chicken

Steamed White Rice

California Blend Vegetables

Rice Krispie Treat

Pumpernickel Bread

Thursday 3rd

Salisbury Steak

Garlic Mashed Potatoes

Peas and Carrots

Fruited Ambrosia

Sandwich Roll

Friday 4th

Macaroni and Cheese

Stewed Tomatoes

Green Beans

Whole Wheat Bread

Monday 7th

October 2024

Chicken with BBQ Sauce

Potatoes Au Gratin

Country Blend Vegetables

Fresh Fruit

Marble Rye Bread

Tuesday 8th

Meatballs with Onion Gravy

Bowtie Pasta

Scandinavian Vegetables

Mandarin Oranges

Pumpernickel Bread

Wednesday 9th

Marinated Pork Loin

Herbed Potatoes

Beets

Lemon Pudding

Whole Wheat Bread

Thursday 10th

Chicken Picatta

Wild Rice

Roasted Broccoli

Lorna Doones

White Bread

Marble Rye Bread

Friday 11th

Banh Mi Pork Riblet

October 2024

Carrots

Coleslaw

Baked Apples

Sandwich Roll

Mayo

Monday 14th

Holiday

No Meals Served

Tuesday 15th

Chicken Fajitas

Spanish Rice

Black Beans & Corn

Sour Cream

Pita Bread

Pineapple

Wednesday 16th

Roast Pork with Gravy

Cranberry Stuffing

Roast California Vegetables

Baked Cinnamon Pears

White Bread

Thursday 17th

Haddock with Chimichurri Sauce

Rice Pilaf

Chuckwagon Corn

Cookie

October 2024

Whole Wheat Bread

Friday 18th

Beef with Onions and Peppers

Herbed Potatoes

Honey Glazed Carrots

Vanilla Pudding

Sandwich Roll

Monday 21st

Beef Stew

Rice

Corn Niblets

Mandarin Oranges

Italian Bread

Tuesday 22d

Hot Dog

Baked Beans

Coleslaw

Baked Apples

Mustard

Hot Dog Bun

Wednesday 23rd

Baked Potato with Chili and Cheese

Broccoli

Sour Cream

Chocolate Mousse

Pumpernickel Bread

October 2024

Thursday 24th

Buttermilk Chicken

Lemon Potatoes

Mixed Vegetables

Birthday Cake

Whole Wheat Bread

Friday 25th

Shepherd's Pie

Carrots

Peas

Fresh Fruit

Italian Bread

Monday 28th

Macaroni and Cheese

Stewed Tomatoes

Green Beans

Mixed Fruit

Muffin

Tuesday 29th

Chicken Mornay

Couscous

Roman Blend Vegetables

Butterscotch Pudding

Marble Rye Bread

Wednesday 30th

Lentil Stew with Cheddar Cheese

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Steamed White Rice

Carrots

Fruited Ambrosia

Pumpernickel Bread

Thursday 31st

Meatloaf with Gravy

Garlic Mashed Potatoes

Peas and Mushrooms

Pumpkin Mousse

Whole Wheat Bread