

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>MENU SUBJECT TO CHANGE</u></p>  <p><i>Your \$3.00 Donation is Appreciated!</i></p>		<p>1</p> <p>Chicken Picatta Bowtie Pasta Roasted Brussels Sprouts Chocolate Mousse Pumpernickel Bread</p>	<p>2</p> <p>Salisbury Steak Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll</p>	<p>3</p> <p>Lemon Pepper Haddock Wild Rice Green Beans Fruited Ambrosia Marble Rye Bread Tartar Sauce</p>
<p>6</p> <p>Macaroni & Cheese Stewed Tomatoes Peas Lorna Doone Cookies Pumpernickel Bread</p>	<p>7</p> <p>Meatballs w/ Onion Gravy Mashed Potatoes Green Beans Peaches Italian Bread</p>	<p>8</p> <p>Marinated Pork Loin Herb Stuffing Cabbage & Carrots Chocolate Pudding Diet = SF Pudding Whole Wheat Bread</p>	<p>9</p> <p>BBQ Chicken Au Gratin Potatoes Country Blend Vegetables Apple Crisp Diet = Applesauce Italian Bread</p>	<p>10</p> <p>Ham Salad Pasta Salad Tomato & Onion Salad Fresh Fruit Pita Bread</p>
<p>13</p> <p><u>COLUMBUS DAY</u></p> <p>No Meal Served</p>	<p>14</p> <p>Chicken Stir Fry Steamed Rice Rstd Broccoli Fresh Fruit Pumpernickel Bread</p>	<p>15</p> <p>Vegetable Cheese Bake Herbed Potatoes Jardiniere Vegetables Mixed Fruit Italian Bread</p>	<p>16</p> <p>Bahn Mi Pork with Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo</p>	<p>17</p> <p>Lentil Stew w/ Cheese Rice Pilaf Rst California Blend Lemon Pudding Diet = SF Vanilla Pudding Marble Rye Bread</p>
<p>20</p> <p>Beef Enchilada w/ Cheese Spanish Rice Chuckwagon Corn Mandarin Oranges Pita Bread Sour Cream</p>	<p>21</p> <p>Ziti with Meat Sauce Mozzarella Cheese Green Beans Baked Apples Italian Bread</p>	<p>22</p> <p>Garlic Brown Sugar Chicken Lemon Seasoned Potatoes Mixed Vegetables Lorna Doone Cookies Whole Wheat Bread</p>	<p>23</p> <p>Vegetarian Chili w/ Cheese Roasted Potatoes Tuscany Blend Birthday Cake Diet = Small Piece Marble Rye Bread</p>	<p>24</p> <p>Beef Bourguignon Garlic Mashed Potatoes Rstd Broccoli & Carrots Fresh Fruit Pumpernickel Bread</p>
<p>27</p> <p>Lasagna & Meatballs Green Beans Fresh Fruit Whole Wheat Bread</p>	<p>28</p> <p>Roast Pork with Gravy Cranberry Stuffing Roasted California Vegetables Rice Krispie Treat Marble Rye Bread</p>	<p>29</p> <p>Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple</p>	<p>30</p> <p>Beef with Onions & Peppers Herbed Potatoes Honey Glazed Carrots Pumpkin Spice Mousse Sandwich Roll</p>	<p>31</p> <p><u>HALLOWEEN</u></p> <p>Hot Dog Baked Beans Coleslaw Cinnamon Pears Hot Dog Bun Mustard</p>