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| **AUGUSTA SENIOR NUTRITION MENU - OCTOBER 2024**  Lunch is Served from 12:00 - 1:00 ~ For More Information Call: (406) 562-3623  \*This menu is subject to change due to product availability | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Related imageImage result for october*Low-fat milk is delivered daily and served daily at the Dinner Club* | **1**  **BAKED COD**  **WILD RICE**  **STEAMED SPINACH**  **ROASTED CARROTS**  **FRUIT SALAD** | **2**  **CHICKEN ALA KING**  **OVER EGG NOODLES**  **GREEN PEAS**  **GARDEN SALAD W/BEANS**  **MANDARIN ORANGES** | **3**  **UNSTUFFED CABBAGE ROLLS**  **W/BROWN RICE & BEEF**  **MIXED VEGETABLE**  **PLUMP PEACHES** | **4**  **BBQ PORK SANDWICH**  **POTATO SALAD**  **COLESLAW**  **PINEAPPLE RINGS**  **DESSERT** |
| **7**  **FRENCH TOAST**  **SCRAMBLED EGGS**  **HASH BROWNS**  **VEGETABLE MEDLEY**  **BLUEBERRIES & YOGURT** | **8**  **MEATBALLS & GRAVY**  **RICE PILAF**  **BUTTER BEETS**  **BEAN MEDLEY**  **GOLDEN PEARS** | **9**  **CHICKEN BAKE**  **SWEET CORN**  **GARDEN SALAD**  **WHOLE GRAIN ROLL**  **CRANBERRIES** | **10**  **MEAT LASAGNA**  **GARLIC BREAD**  **GREEN BEANS**  **TOSSED SALAD**  **APRICOT HALVES** | **11**  **CHILI DOG**  **TATER TOTS**  **CARROT RAISIN SALAD**  **FRUITED JELLO** |
| **14**  **CLOSED** | **15**  **TUNA NOODLE CASSEROLE**  **GREEN PEAS**  **TOSSED SALAD**  **FRESH FRUIT** | **16**  BIRTHDAY DINNER  **SWEET-N-SOUR CHICKEN**  **FRIED BROWN RICE**  **BROCCOLI SPEARS**  **STEAMED CARROTS**  **MANDARIN ORANGES**  **BIRTHDAY CAKE** | **17**  **SHEPHERD’S PIE**  **MIXED VEGETABLES**  **GREEN BEANS**  **WHOLE GRAIN ROLL**  **SWEET PEACHES** | **18**  **CHEESEBURGER ON A BUN**  **BAKED BEANS**  **CARROT & CELERY STICKS**  **PINEAPPLE** |
| **21**  **TATER TOT CASSEROLE**  **GARDEN PEAS**  **VEGGIE SALAD**  **FRUIT COCKTAIL** | **22**  **PORK ROAST**  **SWEET POTATOES**  **TOSSED SALAD**  **WHEAT ROLL**  **SPICED APPLES** | **23**  **CALICO BEANS**  **CORN BREAD**  **SWEET CORN**  **VEGETABLE MEDLEY**  **FRUITED JELLO** | **24**  **BBQ RIBS**  **MACARONI SALAD**  **PURPLE BEETS**  **COLESLAW**  **SWEET PEARS** | **25**  **HOT TURKEY SANDWICH**  **MASHED POTATOES**  **GREEN BEANS**  **CRANBERRIES** |
| **28**  **BISCUITS & SAUSAGE GRAVY**  **DICED POTATOES**  **CARROT RAISIN SALAD**  **COTTAGE CHEESE &**  **PLUMP PEACHES** | **29**  **SPAGHETTI W/MEAT SAUCE**  **GARLIC BREAD**  **GOLDEN CORN**  **SPINACH SALAD**  **APRICOT HALVES** | **30**  **SALISBURY STEAK**  **MASHED POTATOES**  **DINNER SALAD**  **WHOLE GRAIN ROLL**  **FRUIT SALAD** | **31**  **TERRIFYING TERIYAKI CHICKEN**  **PETRIFYING PILAF**  **CREEPY CAULIFLOWER**  **BATTY BEAN MEDLEY**  **MONSTER MANDARINS** |  |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN .

**Suggested donation for 60 years old and over $5.00. Required charge for under 60 years $7.00.**