

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Tator Tot Casserole, Tossed Salad, Baked Acorn Squash, Fresh Pear CO90	Baked Chicken, Mashed Potatoes & Milk Gravy, Parslied Carrots, Jello w/Peaches CM75D - CH5	Meatloaf, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits CO42	Ham, Baked Sweet Potato, Green Beans, Corn O'Brien, Apricots, Sherbet BB11	COOKS CHOICE
9	10	BIRTHDAY/ANNIVERSARY	12	13
COLUMBUS DAY NO MEALS	Chicken Parmesan, Scalloped Potatoes, Corn O'Brian, Tropical Fruit AA2	Roast Beef, Mashed Potatoes & Gravy, Green Beans, Fruit, Cake & Ice Cream	BBQ Ribs, Baked Potato, Cinnamon Roll, Carrots, Blueberry Yogurt, Orange 11-3 - P5	Goulash, Creamed Corn, Lime Jello w/Mandarin Oranges B11
16	17	18	19	20
Swedish Meatballs, Noodles, Peas, Creamy Coleslaw, Mandarin Oranges A13	BBQ Chicken Legs, Baked Potato, Sour Cream, Mixed Vegetables, Pears AA9	Chicken Fried Steak w/Country Gravy, Garlic Mashed Potatoes, Seasoned Cauliflower Broccoli Mix, Apple, Drop Biscuit CO33	Roast Pork, Whipped Potatoes & Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll CO130	Homemade Pizza, Tossed Salad, Peaches CM1
23	24	25	26	27
Salisbury Steak, Mashed Potatoes & Gravy, Parslied Carrots, Fresh Fruit A1	Baked Fish, Company Potatoes, Stewed Tomatoes, Tropical Fruit C20	Liver and Onions, Baked Potato, Green Bean Amandine, Crunchy Cranberry Salad CM13	Pork Chop w/Celery Sauce, Baked Brown Rice, Broccoli, Fruit Cocktail, Cranberry Juice Cocktail B14	Lasagna, Tossed Salad, Mixed Fruit, French Bread AA7
30	31			
Hot Beef Sandwich, Mashed Potatoes & Gravy, Green Beans, Peaches, Vanilla Ice Cream BB3	Chicken & Noodles, Peas, Coleslaw, Pears B21			AVON DAKOTA SENIOR MEALS CALL 286-3692 TO RESERVE A MEAL
NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.				