

OCTOBER 2024 SENIOR MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>**ALL MEALS INCLUDE LOW FAT MILK</p> <p>**HIGH SODIUM MEAL 🍌</p>	<p>1</p> <p>Beef & Vegetable Stew California Mixed Vegetables Wheat Dinner Roll Orange</p>	<p>2</p> <p>BBQ Pork Sandwich on Wheat Bun Coleslaw 🍌 Honeydew Chunks</p>	<p>3</p> <p>Chicken Fajitas Shredded Cheese & Lettuce Whole Grain Flour Tortilla Pineapple Tidbits Pudding</p>	<p>4</p> <p>Beef Meatloaf w/ Gravy Vegetable Medley Mashed Potatoes Wheat Dinner Roll Tropical Fruit</p>
<p>7</p> <p>Baked Chicken Drumstick Steamed Carrots Brown Rice Pineapple Tidbits</p>	<p>8</p> <p>🍌 Pork Chili Verde Hi C Salad Refried Beans Whole Grain Flour Tortilla Orange</p>	<p>9</p> <p>Beef Pepper Steak w/ Gravy Onions & Bell Peppers California Mixed Vegetables Wheat Dinner Roll Tropical Fruit</p>	<p>10</p> <p style="text-align: center; border: 2px solid black; padding: 10px;">No Lunch</p>	<p>11</p> <p>Stuffed Bell Pepper Vegetable Medley Wheat Dinner Roll Cantaloupe Chunks</p>
<p>14</p> <p>Santa Fe Chicken Thigh Mashed Sweet Potatoes Wheat Dinner Roll Orange</p>	<p>15</p> <p>Breaded Fish Peas & Carrots Brown Rice Tropical Fruit</p>	<p>16</p> <p>Chicken Bowtie Pasta w/ Pesto Sauce Hi C Salad Sourdough Bread Apricots</p>	<p>17</p> <p style="text-align: center; border: 2px solid black; padding: 10px;">Jolly Times</p>	<p>18</p> <p>Beef Broccoli Brown Rice Pineapple Tidbits Pudding</p>
<p>21</p> <p>Chicken Meatballs w/ Gravy California Mixed Vegetables Brown Rice Tropical Fruit</p>	<p>22</p> <p>Beef Salisbury Steak w/ Gravy Vegetable Medley Mashed Potatoes Wheat Dinner Roll</p>	<p>23</p> <p>Turkey & Cheese Sandwich Tomato, Lettuce & Onion Corn Chowder Cantaloupe Chunks</p>	<p>24</p> <p>Hotdog on Wheat Bun Hi C Salad Macaroni Salad 🍌 Apricots</p>	<p>25</p> <p>Chicken Thigh w/ Mushroom Sauce Steamed Carrots Wheat Dinner Roll Tropical Fruit</p>
<p>28</p> <p>Orange Chicken California Mixed Vegetables Brown Rice Pineapple Tidbits</p>	<p>29</p> <p>Stuffed Bell Pepper Steamed Carrots Wheat Dinner Roll Honeydew Chunks</p>	<p>30</p> <p>🍌 BBQ Pork Sandwich on Wheat Bun Hi C Salad Apricots</p>	<p>31</p> <p>🍌 Polish Sausage w/ Onion & Bell Pepper Potato Salad Orange</p>	<p style="text-align: center; border: 2px solid black; padding: 10px;">Call by 11am to reserve lunch at least 1 day in advance 324-2750</p>



Funding through: Fresno-Madera Area Agency on Aging
Seniors 60 years & older suggested contribution: \$2.50 **Non-Senior Rate: \$6.27**

