

# October - Menu

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING  
 MENU SUBJECT TO CHANGE \* MILK, JUICE & BREAD SERVED WITH ALL LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TURKEY MEATBALLS SPAGHETTI GREEN BEANS KIWI	2 BAKED BREADED CHICKEN CUTLET COUSCOUS W/PEAS & LEMON BRUSSEL SPROUTS & KALE SAUTE ORANGE	3 BAKED TURKEY BREAST BAKED SWEET POTATO CALIFORNIA BLEND VEGGIES BANANA	4 BROCCOLI CHEESE QUESADILLA BABY SPINACH SALAD CORN & RED PEPPERS FRUIT COCKTAIL	5 APRICOT GLAZED SALMON EGG BARLEY W/ MUSHROOMS ZUCCHINI CANNED PINEAPPLE
8  Columbus Day Office Closed	9 STEWED CHICKEN BREAST MASHED SWEET POTATOES WINTER BLEND VEGGIES APPLE	10 CHILI CON CARNE BROWN RICE CORN & RED PEPPERS TOSSED SALAD CANNED PEACHES	11 CHICKEN/BROCCOLI STIR FRY LO MEIN COLLARD GREENS W/TOMATO BANANA	12 BAKED TILAPIA RED BLISS POTATOES SAUTEED ASPARAGUS ORANGE
15 ARROZ CON POLLO (CHICKEN BREAST & RICE) KALE W/TOMATO TANGERINE	16 CHINESE STYLE PEPPER STEAK LO MEIN MUSTARD GREENS BANANA	17 BAKED CHICKEN QUARTERS BAKED SWEET POTATO BRUSSEL SPROUTS AND KALE CANNED MANDARINS	18 HAMBURGER HOME FRIES MIXED GREEN SALAD ORANGE	19 BAKED BREADED FISH WILD RICE CALIFORNIA BLEND VEGGIES APPLE
22 SALISBURY STEAK BOWTIE PASTA ROASTED BROCCOLI APPLE	23 ITALIAN SAUSAGE BAKED POTATOES SAUTEED ONIONS & PEPPERS TOSSED SALAD FRUIT COCKTAIL	24 BROCCOLI CHEESE QDUESADILLA BABY SPINACH SALAD ROASTED PEPPERS CANNED PINEAPPLES	25 HAPPY 46TH ANNIVERSARY BBQ RIBS OR ROASTED CHICKEN CABBAGE SWEET POTATOES	26 BAKED FISH W/ GARLIC SAUCE RED BLISS POTATOES SAUTEED SPIMACH KIWI
29 CHICKEN CHUNKS W/RED SAUCE BOWTIE PASTA BOILED ZUCCHINI ORANGE	30 PERNIL (ROASTED PORK SHOULDER) ROASTED POTATOES CDOLLARD GREENS BANANA Happy Birthday Party!	31 TURKEY CHEESE BURGER BAKED KIDNEY & BLACK BEANS MIXED GREEN SALAD CANTALOUPE	ROLLS, SALAD VANILLA PUDING APPLE CIDER	