



Congregate Senior Nutrition Program

October 2024 – Menu

30 – Monday	1 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Tossed Salad w/Ranch Bun Pear	2 - Wednesday Shepherd's Pie Lima Beans Tarragon Baby Carrots Apricots Bread	3 - Thursday Baked Tilapia OR Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Vanilla Pudding	4 - Friday Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread
7 - Monday Salisbury Steak Whipped Potatoes w/gravy Zucchini & Tomatoes Pears SF Vanilla Pudding Bread CELEBRATE BDAYS	8 – Tuesday Chicken & Noodles Seasoned Corn Spinach w/ vinegar pk Peaches SF Chocolate Pudding	9 - Wednesday Baked Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Baked Apples Lorna Doones Bread	10 - Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	11 - Friday Tender Beef Pot Roast w/gravy Whipped Potatoes w/gravy California Blend Apricots Lorna Doones Bread
CLOSED COLUMBUS DAY!!	15 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Apricots SF Vanilla Pudding Guest Speaker @ WD – Tracy Whitten, DISC	16 - Wednesday Lemon Thyme Chicken w/ Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread Guest Speaker @ OX – Tracy Whitten, DISC	17 - Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers 2 packs Guest Speaker @ SC – Tracy Whitten, DISC	18 - Friday Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake
21 - Monday Goulash Green Beans Lorna Doones Pears Breadstick	22 – Tuesday Beef Stew Seasoned Wax Beans Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	23 - Wednesday Shredded Chicken w/homemade BBQ Peas, Seasoned Carrot Cole Slaw SF Chocolate Pudding Bun	24 - Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce WW Bread Vanilla Wafers	25 - Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread
28 - Monday	29 – Tuesday	30 – Wednesday	31 - Thursday	1 - Friday

***AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added,

trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free ****Menu is subject to change****

All Meals served with 1% Milk/Tea/Water

**SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00
(Full price \$7.50)**