



Monday

# City Fare Menu October 2024






Friday

Tuesday

Wednesday

Thursday

<p><b>9/30</b> Beef and Broccoli with Teriyaki Sauce Brown Rice Carrots Mandarin Oranges</p>	<p><b>10/1</b> Blush Sauce Chicken &amp; Pasta Broccoli Mixed Fruit</p>	<p><b>10/2</b> Swedish Meatballs Green Beans Egg Noodles Baked Apples</p>	<p><b>10/3</b> Shepard's Pie of Mashed Potatoes, Ground Beef, &amp; Peas &amp; Carrots Dinner Roll Fresh Orange</p>	<p><b>10/4</b> Meat Lasagna Italian Blend Vegetables White/Wheat Bread Applesauce</p>
<p><b>10/7</b> Ham w/ Scalloped Potatoes Green Beans Dinner Roll Diced Pears</p>	<p><b>10/8</b> Chicken Fajitas w/ Peppers &amp; Onions Black Beans Brown Rice Salsa &amp; Shredded Cheese on Tortillas Mixed Fruit</p>	<p><b>10/9</b> Meatloaf Mashed Potatoes Spinach White/Wheat Bread Fresh Orange</p>	<p><b>10/10</b> Chicken &amp; Dumplings Caribbean Vegetable Blend Fresh Apple</p>	<p><b>10/11</b> Stuffed Cabbage in Meat Sauce w/ Sour Cream Baked Potato Hawaiian Roll Diced Peaches</p>
<p><b>10/14</b> Pesto Chicken &amp; Pasta Zucchini Diced Pears</p>	<p><b>10/15</b> Turkey &amp; Cheese Sandwich w/ Lettuce &amp; Tomato on Marble Rye Cream of Tomato Soup w/ Whole Grain Crackers Tangerine Mayo</p>	<p><b>10/16</b> <u>Oktoberfest!</u> Bratwurst w/ Sauerkraut Peas &amp; Carrots Rye Bread German Chocolate Cake</p> 	<p><b>10/17</b> Oven Fried Chicken Corn Seasoned Greens Dinner Roll Fresh Apple</p>	<p><b>10/18</b> Stuffed Pepper Mashed Potatoes 12 Grain Bread Fresh Pear</p>
<p><b>10/21</b> Pierogis w/ Caramelized Onions &amp; Sour Cream Broccoli White/Wheat Bread Fresh Plum</p>	<p><b>10/22</b> Pot Roast w/ Gravy Mashed Potatoes Carrots Dinner Roll Strawberry Waffle Graham</p>	<p><b>10/23</b> Sausage w/ Peppers &amp; Onions Sandwich on a Club Roll Tater Tots Fresh Apple</p>	<p><b>10/24</b> Tuna Salad on Croissant w/ Tomato, Lettuce, &amp; Onion Cucumber Salad Mixed Fruit</p>	<p><b>10/25</b> Chicken Florentine w/ Spinach Cauliflower Dinner Roll</p>
<p><b>10/28</b> Roast Turkey w/ Gravy Fresh Sweet Potatoes Green Beans White/Wheat Bread Chocolate Chip Cookie</p>	<p><b>10/29</b> General Tso's Chicken Peppers &amp; Onions Brown Rice Fresh Orange</p>	<p><b>10/30</b> Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac &amp; Cheese Baked Apples</p> 	<p><b>10/31</b>  NO MEAL SERVICE  HALLOWEEN BINGO</p> 	<ul style="list-style-type: none"> <li>• All meals subject to change. All meals contain 1% milk</li> <li>• Suggested minimum donation for persons 60+ is \$3.00. People under age 60 must pay \$7.00.</li> </ul>