

October 2024 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.
Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Verona Shell Pasta with Marinara Sauce Tossed Salad with Red Wine Vinaigrette Strawberry Mousse	2 Cheese Omelet Sausage Patty Hash Brown Patty French Toast Sticks with Syrup Orange	3 Turkey & Provolone Cheese Sandwich on a Whole Wheat Roll Chicken Rice Soup Applesauce	4 Cheese Ravioli with Marinara Sauce Roasted Parmesan Cauliflower Diced Peach/Vanilla Greek Yogurt Parfait
7 Chef's Salad with Ranch Dressing Diced Peaches Whole Wheat Dinner Roll	8 Italian Sausage Sandwich Vegetable Barley Soup Steamed Broccoli Florets Applesauce	9 Roast Beef with Gravy Loaded Baked Potato Honey Glazed Carrots Pears in Strawberry Gelatin	10 Breaded Chicken Tenders with BBQ Dipping Sauce Scalloped Potatoes French Cut Green Beans Mandarin Oranges	11 Chili Nachos Brownie Bites
14 Hamburger on a Whole Wheat Roll French Fries Mixed Vegetables Golden Fruit Parfait	15 Chicken Cacciatore Shell Pasta with Marinara Sauce Tossed Salad with Red Wine Vinaigrette Mandarin Mousse	16 Baked Ham Mashed Sweet Potatoes Steamed Broccoli Florets Fruit Cocktail Chocolate Pudding Whole Wheat Dinner Roll	17 Beef Stew with a Biscuit French Cut Green Beans White Cake with Strawberries & Whipped Topping	18 Macaroni & Cheese Stewed Tomatoes Monte Carlo Vegetables Diced Peaches Chocolate Chip Cookie
21 Grilled Chicken Salad with Ranch Dressing French Fries Pears in Lime Gelatin Whole Wheat Roll	22 Tacos Mexicorn Mandarin Mousse	23 Baked Fish AuGratin Potatoes Monte Carlo Vegetables Mixed Berry Blend Chocolate Cake with Whipped Topping	24 Cabbage Roll with Tomato Sauce Mashed Potatoes Honey Glazed Carrots Golden Fruit Parfait Chocolate Chip Cookie	25 Chicken Broccoli Alfredo Fettuccini Italian Blend Vegetables Applesauce Breadstick
28 Philly Cheese Steak Sandwich French Fries French Cut Green Beans Diced Peaches	29 Stuffed Shells with Marinara Sauce Italian Vegetable Blend Triple Berry Blend Vanilla Pudding	30 Chicken Marsala Scalloped Potatoes Steamed Broccoli Florets Whole Wheat Roll White Cake with Strawberries & Whipped Topping	31 Roast Pork with Gravy Stuffing Sweet Potato Souffle Monte Carlo Vegetables Mandarin Oranges	