

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SALISBURY STEAK w/ GRAVY MASHED POTATOES GREEN BEANS FRUIT COCKTAIL	3 Breakfast for Lunch Eggs French Toast Bacon	4 PORK ROAST w/ APPLE CIDER GLAZE SWEET POTATOES BRUSSELS SPROUTS APPLE SAUCE OATMEAL RAISIN COOKIE	5 Cheeseburger W/ all the fixings Macaroni Salad	6 PENNE w/ BOLOGNESE SAUCE WINTER BLEND GARLIC KNOT MANDARIN ORANGES
9 CLOSED COLUMBUS DAY	10 Chicken Parmesan Caprese Salad Garlic Bread	11 TACO SALAD CORN & BEANS LETTUCE & TOMATO ORANGE	12 Stuffed Scallops W/ Linguini Salad Garlic Bread	13 CHICKEN SHAWARMA HERBED RICE MIXED VEGETABLES PITA BREAD TZATZIKI SAUCE FRUIT JUICE LEMON PUDDING
16 CHICKEN FLORENTINE RICE PILAF SCANDINAVIAN BLEND PEARS	17 Steak Fajita's W/ all the fixings	18 BEEF STROGANOFF Over BUTTERED NOODLES BRUSSELS SPROUTS BREAD PUDDING FRUIT JUICE	19 Turkey Sandwich Lettuce, Tomato Cole-slaw	20 SALMON w/ CRANBERRY GLAZE BROWN RICE ASPARAGUS BLEND TROPICAL FRUIT
23 CHICKEN STIR FRY BROWN RICE ORIENTAL VEG PINEAPPLE BITS	24 Chicken Pot Pie W/ cornbread	25 BIRTHDAY LUNCHEON POT ROAST w/ BEEF GRAVY MASHED POTATOES GREEN BEANS FRUIT JUICE BIRTHDAY CAKE	26 Beef Stew Salad Bread	27 LASAGNA WINTER BLEND VEG BREAD STICK FRUIT COCKTAIL
30 SWISS STEAK w/ TOMATO GRAVY MASHED POTATOES CARROT COINS FRUIT COCKTAIL	31 Tomato Soup Mac & Cheese			

(Menu subject to change without notice)

Meals are served Monday – Friday @ 12:00pm to persons 60yrs. Or Older

RESERVATIONS AND CANCELLATIONS FOR ALL CONGREGATE MEALS NEED TO BE MADE 24 HRS IN ADVANCE
BY CALLING THE East Haddam Senior Center AT 860-873-5034 BEFORE 12:00pm
\$4.00 donation

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES –