

October

**Aging Ahead - House Springs**

636-677-4578

2018

**Congregate Menu**

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>	
1	Country Fried Steak w/ Country Gravy Mashed Potatoes Broccoli Cinnamon Applesauce Wheat Bread	2	Taco Salad w/ Beef, Beans, Sour Cream, Salsa & Cheese Fresh Fruit Tortilla Chips Graham Crackers	3	Orange Chicken w/ Carribbean Rice Tuscan Vegetables Lima Beans Dreamsicle Dessert Whole Grain Bar	4	Egg Salad Pickled Beets Marinated Vegetables Peaches Crackers (2) Whole Grain Cookie	5	Spaghetti & Meatballs Italian Salad Roasted Squash & Zucchini Fruit Crisp Garlic Bread
8	Gold'N Spiced Chicken Carrots Herb Roasted Potatoes Mixed Fruit Cup Wheat Bread Whole Wheat Muffin	9	BBQ Burger Baked Beans Tater Tots Coleslaw Wheat Bun	10	Roasted Turkey w/ Gravy Stuffing Mashed Potatoes Green Beans Apricots Dinner Roll	11	Breaded Fish Sandwich w/ Lettuce & Tomato Capri Vegetables Succotash Peaches Wheat Bun	12	Beef Stroganoff w/ Egg Noodles Stewed Tomatoes Pea Salad Dump Cake w/ Cherries
15	BBQ Pork Riblet Potato Wedges Green Beans Cranberry Applesauce Wheat Bun	16	Meatloaf w/ Gravy Mashed Potatoes Italian Vegetables Peaches Wheat Bread Whole Grain Cookie	17	Salsa Chicken Spanish Rice Black Beans & Corn Broccoli Fresh Fruit Dinner Roll	18	Open Faced Roast Beef Cheesy Cauliflower Soup Sugar Snap Peas Pear Crisp Wheat Bread Crackers (2)	19	Chicken Tetrazzini Catalina Vegetables Spinach Waldorf Salad Garlic Bread
22	Cheesy Ranch Chicken Brussels Sprouts Yellow Squash Tropical Fruit Cup Wheat Bread Whole Grain Bar	23	Sloppy Joe Curly Fries Baked Spinach Fresh Fruit Wheat Bun	24	Herb Crusted Fish Garlic Red Potatoes Scandinavian Vegetables Pineapple Garlic Bread Brownie	25	Sweet N' Sour Meatballs Brown Rice Oriental Vegetables Tuscan Vegetables Mandarian Oranges Wheat Bread	26	Beef Stew Buttered Noodles California Vegetables Fruit in Gelatin Dinner Roll
29	Bratwurst w/ Sauerkraut Mashed Potatoes Zucchini & Tomatoes Fresh Fruit Wheat Bun Graham Crackers	30	Italian Chicken Parmesan Glazed Carrots Beet Salad Pineapple Dinner Roll Bread Pudding	31	<b>HALLOWEEN!</b> Chili Dog w/ Beef Hot Dog, Beans & Tomatoes Fresh Fruit Wheat Bun Pumpkin Fluff				The suggested donation for all senior meals is \$4.00 All donations are appreciated!