

COUNCIL ON AGING ~ SENIOR NEIGHBORHOOD DINING SITE MENU ~ OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 3	OCTOBER 4	OCTOBER 5	OCTOBER 6	OCTOBER 7
<p><u>Chicken Paella</u> Yellow rice w/Veggies Pinto Beans Wheat Roll w/Butter cup Blended Juice 1% Milk</p>	<p><u>Sloppy Joe</u> Seasoned Spinach Cheesy Mashed Potatoes White Hamburger Bun Raisins 1% Milk</p>	<p><u>Sausage Breakfast Casserole</u> Stir Fry Veggies Mushrooms, Onions, Peppers Whole grain Bread w/Butter cup Fruit Cup 1% Milk</p>	<p><u>Ham & Bean Casserole</u> Green Beans Carrots Cookie Apple Juice 1% Milk</p>	<p><u>BBQ Chicken Thigh</u> Confetti Corn Baked Beans Wheat Roll w/Butter cup Seasonal Fresh Fruit 1% Milk</p>
OCTOBER 10	OCTOBER 11	OCTOBER 12	OCTOBER 13	OCTOBER 14
<p><u>Chicken Sandwich</u> Confetti Corn Peas Whole Grain Hamburger Bun 1 Cookie 1% Milk</p>	<p><u>Meatballs w/Apple Brown Gravy</u> Seasoned Spinach Garlic Mashed Potatoes Wheat Roll Apple Juice 1% Milk</p>	<p><u>Mojo Chicken Thigh</u> Brown Rice Stewed Tomatoes Whole Grain Bread w/Butter Cup Blended Juice 1% Milk</p> <p style="text-align: center; color: purple;">BIRTHDAY CELEBRATION</p>	<p><u>Cobb Pasta Salad</u> Cucumber & Tomato Salad Three Bean Salad Whole Grain Bread Fruit Cup 1 % Milk</p>	<p><u>Pizza Casserole</u> Italian Flat Beans Dilled Carrots Wheat roll Seasonal Fresh Fruit 1% Milk</p>
OCTOBER 17	OCTOBER 18	OCTOBER 19	OCTOBER 20	OCTOBER 21
<p><u>Hot Dog w/Chili Topping</u> Confetti Corn Peppers & Onions Whole Grain Hot Dog Bun Raisins 1% Milk</p>	<p><u>Diced Chicken w/BBQ Sauce</u> Broccoli Mixed Vegetables Hamburger Bun 1 Cookie 1% Milk</p>	<p><u>Beef & Macaroni Casserole</u> Green Beans Carrots Garlic Roll w/Butter cup Blended Juice 1% Milk</p>	<p><u>Chicken Thigh w/Orange Honey Glaze</u> Green Peas Brown Rice Whole Wheat Roll Apple Juice 1% Milk</p>	<p><u>Cheeseburger</u> Seasoned Potato Wedges California Blend Veggies Whole Grain Bun w/ American Cheese 1 pkt. Ea. Ketchup & Mustard Seasonal Fresh Fruit 1% Milk</p>
OCTOBER 24	OCTOBER 25	OCTOBER 26	OCTOBER 27	OCTOBER 28
<p><u>Cuban Black Beans & Rice</u> Country Vegetable Medley Stewed Tomatoes Cuban Bread w/Butter cup Fruit Cup Cookie 1% Milk</p>	<p><u>Seasoned Chicken Thigh</u> Mixed Vegetables Cauliflower 1 Wheat roll Blended Juice 1% Milk</p>	<p><u>Penne Pasta & Bolognese Meat Sauce</u> Broccoli Cauliflower & Red Pepper Garlic Roll w/Butter cup Fruit Cup 1% Milk</p>	<p><u>Mixed Green Salad</u> Diced Chicken Three Bean Salad Whole Grain Bread Ranch Dressing Apple Juice 1% Milk</p>	<p><u>Witches Stew</u> Mashed Potatoes Green Peas Dinner Roll w/Butter cup Special Holiday Desert 1% Milk</p> <p style="text-align: right; color: orange;">OKTOBERFEST CELEBRATION</p>
OCTOBER 31				
<p><u>Macaroni & Cheese</u> Italian Flat Beans Mixed Vegetables Wheat Roll Raisins 1% Milk</p>	<p>OCTOBER 2022</p>  <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>		 <p>A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p>VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>	