



# October 2017 - Clermont Senior Services menu

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
BOX					
LUNCH	<b>Swiss Steak</b> w/ Peppers / Onions / Cheese Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears	<b>Broccoli Cheddar Chicken</b> Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail	<b>Spaghetti &amp; Meatballs</b> w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese	<b>Summer Salad</b> w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret, Saltine Crackers & Ranch Dressing Fresh Orange Animal Crackers	<b>Roast Turkey w/Gravy</b> Mashed Potatoes Vegetable Medley Wheat Bread (2 slices) / Margarine Pineapple
WEEK	Diet: same		Diet: same		Diet: same
1		<b>Techies Day - 1999</b>	<b>Sukkot begins at sundown</b>		
BOX					
LUNCH	<b>Italian Chicken</b> w/ Marinara over Spaghetti Italian Vegetables Peas Cranberry Juice Sponge Cake	<b>Salisbury Steak w/Gravy</b> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) / Margarine Pears	<b>Hamburger</b> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup	<b>Smoked Turkey Sausage w/ Sauerkraut</b> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup	<b>Grilled Chicken w/BBQ Sauce</b> Potato Wedges Cheesy Broccoli Bun Applesauce
WEEK		Diet: same	Diet: same	Diet: same	Diet: same
2	<b>COLUMBUS DAY</b>				
BOX					
LUNCH	 <b>Beef &amp; Noodles</b> w/ Gravy Green Beans Carrots Wheat Bread / Margarine Peaches	<b>Turkey Ham &amp; Beans</b> Mixed Vegetables (2 servings) Cornbread / Margarine Fruit Cocktail Animal Crackers	<b>Chili w/Spaghetti - 9064</b> Vegetable Medley (2 servings) Cheddar Cheese unsalted Saltine Crackers (2 pk) Pears	<b>Baked Chicken w/ Gravy</b> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce	<b>Meatloaf w/ Gravy</b> Mashed Potatoes Carrots Wheat Bread / Margarine Orange Pineapple Juice 100% Angel Food Cake
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
3	<b>NATIONAL BOSSES DAY</b>			<b>HAPPY OCT BIRTHDAY!</b>	
BOX					
LUNCH	<b>BBQ Beef</b> Peas & Onions Potato Wedges Peaches Bun	<b>Chicken and Brown Rice w/ Gravy</b> Broccoli diced Carrots Wheat Bread / Margarine Pears	<b>Stuffed Cabbage Roll w/Marinara</b> Peas & Onions sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams	<b>Turkey Tetrazzini w/ Peas and Mushrooms</b> Brussel Sprouts Baked Cinnamon Apples Wheat Bread / Margarine	<b>Country Fried Steak w/Gravy</b> Potato Wedges Green Beans Dinner Roll / Margarine Orange Pineapple Juice 100% Chocolate Sponge Cake
WEEK 4	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
BOX					
LUNCH	<b>Chicken &amp; Potato Casserole with tater tots</b> Broccoli (2 servings) Wheat Bread (2 slices) / Margarine Peaches	<b>Pineapple Ham Steak</b> Whipped Sweet Potatoes Peas Wheat Bread / Margarine Cranberry Juice Angel Food Cake	In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave., S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer.	<b>October is:</b> <b>Breast Cancer Awareness Month</b> <b>National Diabetes Month</b>	
WEEK	Diet: same	Diet: same		Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)	
5		<b>Halloween</b>			