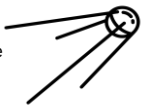
October 2018 Clermont Seniors' menu

Derringer canteen

	Monday	Tuesday	Wednesday	Thursday	Friday
BOX	1	2	3	4	5
LUNCH WEEK 5	**Chicken and Brown Rice w/ Gravy** Broccoli Diced Carrots Wheat Bread / Margarine Peaches Diet: same **International Day for the Elderly**	**Beef Vegetable Stew** ***carrots/ red skin potatoes ch7022*** Green Beans (2 servings) Cornbread / Margarine Pineapple Diet: same	**Turkey Tetrazzini w/ Peas and Mushrooms** ***(not a vegetarian meal)*** Brussel Sprouts Baked Cinnamon Apples Dinner Roll / Margarine Diet: same	**BBQ Beef** Peas & Onions Potato Wedges Pears Bun Diet: same  **Sputnick Launched - 1957**	**Country Fried Steak w/Gravy** Potato Wedges Green Beans Dinner Roll / Margarine Orange Juice 100% Chocolate Sponge Cake Diet: same **Do Something Nice Day**
BOX	8	9	10	11	12
LUNCH WEEK 6	**Lemon Pepper Fish w/ Tartar Sauce** Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Fruit Cocktail Diet: same **Columbus Day**	**Hawaiian Pineapple Ham** Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same	**Chicken & Potato Casserole** ***with tater tots ch7025*** Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches Diet: same **Emergency Nurses Day**	**Pork Cutlet w/Gravy** Green Beans Beets Wheat Bread / Margarine Pineapple Animal Crackers Diet: same	**Stuffed Cabbage Roll w/Marinara** Peas & Onions Sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams Diet: same
BOX	15	16	17	18	19
LUNCH WEEK 7	**Hamburger** w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup Diet: same	**Smoked Turkey Sausage w/ Sauerkraut** Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same	**Salisbury Steak w/Gravy** Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) / Margarine Peaches Diet: same **National Pasta Day**	**Grilled Chicken w/BBQ Sauce** Potato Wedges Cheesy Broccoli Bun Applesauce Diet: same 	***Happy October Birthday!*** **Italian Chicken** w/ No Salt Added Marinara Spaghetti Italian Vegetables Peas Cranberry Juice Sponge Cake Diet: same
BOX	22	23	24	25	26
LUNCH WEEK 1	**Chili w/Spaghetti** Vegetable Medley (2 servings) Cheddar Cheese unsalted Saltine Crackers (2 pk) Pears Diet: same **National Nut Day**	**turkey Ham & Beans** Mixed Vegetables (2 servings) Cornbread / Margarine Mandarin Oranges Animal Crackers Diet: same	**Meatloaf w/ Gravy** Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same **United Nations Day**	**Cheese Pizza** Peas & Onions Carrot Coins Apple Juice 100% Chocolate Chip Cookie Diet: same	**Baked Chicken w/ Gravy** Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce Diet: same **Frankenstein Friday**
BOX	29	30	31		
LUNCH WEEK 2	**Roast Turkey w/Gravy** Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Grape Juice 100% Chocolate Elf Grahams Diet: same	**Swiss Steak** w/ Peppers/ Onions Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears Diet: same **National Candy Corn Day**	**Broccoli Cheddar Chicken** Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Peaches Diet: same 	In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination of 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.	**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)** Happy Halloween