

CHAUTAUQUA COUNTY SENIOR NUTRITION PROGRAM

HEATABLE Meal for OCTOBER 2020

Menu is Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 28 Souper Chicken Mashed Potatoes Mixed Vegetables Chocolate Pudding	29 Vegetable Lasagna Green Beans Carrots Garlic Roll	30 Manicotti & Sauce Spinach Fruit Crisp Wheat Bread	Oct. 1 Cheese & Pasta with Marinara Capri Vegetables Fruit Cocktail Garlic Roll	2 Hot Dog Baked Beans Broccoli Pears
5 Turkey & Gravy Stuffing Winter Squash Mandarin Oranges	6 Sausage Links Pancakes Yogurt Apples & Craisins	7 Pork Roast & Gravy Brown Rice Red Cabbage Peaches	8 Beef Stew Peas & Carrots Pineapple Biscuit	9 Italian Lasagna Spinach Garlic Roll Tropical Fruit
12 Chicken a la King French Green Beans Biscuit Mandarin Oranges	13 Polish Sausage & Sauerkraut Buttered Noodles Beets Fruit Cocktail	14 Turkey Pot Roast Mashed Potatoes Mixed Vegetables Applesauce	15 Chicken Stir Fry Brown Rice Oriental Vegetables Pineapple	16 Breaded Fish Coleslaw Corn Cinnamon Apple Slices
19 Meatloaf & Gravy Scalloped Potatoes Italian Vegetable Peaches	20 Spaghetti & Meatballs Tossed Salad Garlic Wheat Roll Pear	21 Chicken Fajita Spanish Rice Black Beans Tortilla Apple Slices	22 Goulash Broccoli Biscuit Peaches	23 Chicken Souvlaki Greek Potatoes Zucchini & Tomatoes Tropical Fruit
26 Chili Carrots Cornbread Fruit Crisp	27 Ham Slice & Pineapple Sweet Potato Green Beans Fruit Cocktail	28 Souper Chicken Brown Rice Peas Pears	29 Salisbury Steak Creamy Mushroom Barley Stewed Tomatoes Peaches	30 Cheese & Pasta with Marinara Capri Vegetables Fruit Cocktail Garlic Roll

Meals on Wheels Telephone Number: 488-9119

NOTE: 1/2 pint of milk served with each meal

CHAUTAUQUA COUNTY SENIOR NUTRITION PROGRAM *OCTOBER 2020*

COLD EVENING MEAL - This meal cannot be ordered in place of the hot reheatable noon meal

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 28 Peanut Butter & Jelly Coleslaw Wheat Bread Pears	29 Sliced Turkey Pasta Salad Wheat Bread Muffin Loaf	30 Cold Cut Sub Three-Bean Salad Wheat Bun Donut	Oct. 1 Seafood Salad Croissant Marinated Vegetables Fig Cookies	2 Cheese Pizza Baby Carrots Cookie
5 Egg Salad Barley Salad Apple Wheat Bread	6 Cold Cuts & Cheese Pasta Salad Plums Wheat Bread	7 Sliced Turkey Corn Relish Donut Wheat Bread	8 Ham Salad German Potato Salad Pound Cake Wheat Bread	9 Tuna Salad 3-Bean Salad Orange Wheat Bread
12 Ham & Cheese Coleslaw Cereal Bar Wheat Bread	13 Sliced Turkey Cucumber Salad Apple Wheat Bread	14 Chicken Salad Carrot-Raisin Salad Yogurt Wheat Bread	15 Cold Meatloaf Macaroni Salad Fruit Salad Wheat Bread	16 Egg Salad Pickled Beets Lorna Doones Wheat Bread
19 Turkey & Cheese Pizza Pasta Salad Chocolate Pudding Wheat Bread	20 Sliced Ham Texas Caviar Mandarin Oranges Wheat Bread	21 Chef Salad Baby Carrots Cookie Wheat Bread	22 Peanut Butter & Jelly Green Pea Salad Tapioca Pudding Wheat Bread	23 Cottage Cheese Hard-Boiled Egg Vegetable Juice Brownie Wheat Crackers
26 Cheese Omelet Yogurt Orange Wheat Bread	27 Salami & Cheese Macaroni Salad Plums Wheat Bread	28 Roast Beef Catalina Carrot Salad 24-hour Dessert Wheat Bread	29 Bologna & Cheese Potato Salad Cookie Wheat Bread	30 Seafood Salad Croissant Fig Cookies Marinated Vegetables

Meals on Wheels Telephone Number: 488-9119

NOTE: 1/2 pint of milk served with each meal