




# City Fare Congregate Menu October 2022



**MENU SUBJECT TO CHANGE!!**

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday |
|---|--|--|---|--------|
| 10/3<br>Seafood Crab Cake<br>Corn<br>Baby Lima Beans<br>Fruit Cocktail<br>White Wheat Bread<br>Tartar Sauce               | 10/4<br>Stuffed Pepper with<br>Marinara Sauce<br>Mashed Potatoes<br>Cooked Apples<br>12 Grain Bread        | 10/5<br>BBQ Chicken<br>Baked Beans<br>Seasoned Greens<br>Yogurt<br>Cornbread   | 10/6<br>Turkey & Swiss on<br>Club Roll with<br>Lettuce, Tomato & Onion<br>Diced Peaches<br>Cream of Potato Soup<br>with Bacon<br>Crackers |        |
| 10/10<br>Salmon w Lemon Dill<br>Sauce<br>Baked Potato<br>Broccoli<br>White Wheat Bread<br>Rice Pudding<br>Sour Cream      | 10/11<br>Breaded Chicken Breast<br>Mashed Potatoes<br>with Gravy<br>Green Beans<br>Tropical Fruit          | 10/12<br>Turkey with Gravy<br>Baked Sweet Potato<br>Nantucket Blend Veggies<br>Fresh Apple<br>White Wheat Bread<br>Cranberry Sauce   | 10/13<br>Hamburger with Cheddar<br>on Hamburger Bun<br>Lettuce & Tomato<br>Diced Pears<br>Minestrone Soup<br>Crackers                     |        |
| 10/17<br>Swedish Meatballs over<br>Egg Noodles<br>California Blend Veggies<br>12 Grain Bread<br>Tropical Fruit            | 10/18<br>Bratwurst<br>Sauerkraut<br>Pierogi<br>German Chocolate Cake<br>Marble Rye Bread                   | 10/19<br>Pot Roast with Gravy<br>Baked Potato<br>Crinkle Cut Carrots<br>Applesauce<br>Dinner Roll<br>Sour Cream  | 10/20<br>Chicken Supreme<br>with Gravy<br>Sweet Potatoes<br>Peas<br>Fresh Pear<br>Cranberry Sauce   |        |
| 10/24<br>Broccoli Stuffed Chicken<br>with Gravy<br>Peas & Pearl Onions<br>Crinkle Cut Carrots<br>Strawberry Waffle Cookie | 10/25<br>Stuffed Salmon<br>Roasted Baby Bakers<br>Winter Blend Veggies<br>Diced Pears<br>Chocolate Pudding | 10/26<br>Meatloaf with<br>Marsala Mushroom Gravy<br>Macaroni & Cheese<br>Brussels Sprouts<br>Applesauce<br>Dinner Roll  | 10/27<br>Chili with Mozzarella Cheese<br>Baked Potato<br>Corn Bread<br>Orange<br>Sour Cream   |        |

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.

- Saturday Mid Day meals served at St. Anthony's
- Tuesday Evening Meals served at St. Anthony's Senior Center