



City Fare Menu October 2019– CITY







Monday

Tuesday

Wednesday

Thursday

Friday

	10/1 Fire Braised Chicken with Swiss Cheese & Caramelized Onions on Ciabatta Bread Sweet Potato Puffs Tropical Fruit	10/2 Pot Roast in Au Jus Roasted Baby Bakers Cooked Cabbage Pineapple Tidbits Giant Graham Fish	10/3 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Orangecicle Parfait Crackers	10/4 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie
10/7 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce	10/8 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	10/9 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread	10/10 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon & Crackers	10/11 NO LUNCH
10/14 Salmon w. Lemon Dill Sauce Baked Potato Sour Cream Broccoli Rice Pudding White Wheat Bread 	10/15 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	10/16 Pot Roast with Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream	10/17 Hamburger with Cheddar Cheese on a Hamburger Bun with Lettuce & Tomato Diced Pears Minestrone Soup Crackers	10/18 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers
10/21 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	10/22 Vegetable Lasagna with Blush Sauce Salad with Onion & Tomato Wheat Dinner Roll Italian Ice 	10/23 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce	10/24 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	10/25 NO LUNCH
10/28 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	10/29 Stuffed Salmon Winter Blend Veggies Diced Pears Dinner Roll Chocolate Pudding	10/30 Meatloaf with Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll 	10/31 Chili with Mozzarella Cheese Baked Potato w. Sour Cream Corn Bread Orange 	11/1 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread

- 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.
- Suggested minimum donation for persons 60+ is \$2.00 People under age 60 must pay \$5.25

- Saturday Mid Day meals served at St. Anthony's
- Sunday Mid Day meals served at St. Anthony's & St. Patrick's Senior Centers.
- Tuesday & Thursday Evening Meals served at St. Anthony's Senior Center