October 2018	COMMUNITY PARTNERSHIP ON AGING			216-650-4029
Monday / Lyndhurst	Tuesday / Lyndhurst	Wednesday South Euclid/MH	Thursday / South Euclid	Friday / Highland Heights
1 Chicken Ala King Baby Lima Beans Sliced Carrots W.G. Dinner Roll Pineapple Chunks	2 Stuffed Green Pepper Mashed Potatoes Green Beans Whole Grain Rye (2) Escalloped Apples	3 Breaded Chicken Patty Harvard Beets Mixed Vegetables W.G. Hamburger Bun Orange Juice	4 Spaghetti & Meatballs Cauliflower Spinach Sliced Peaches	5 Roasted Turkey Breast Mashed Potatoes Broccoli Blueberry Muffin Orange
8 Lunch & Program Sites Closed in Observance of Columbus Day	9 Tomato Basil Chicken Spaghetti w/sauce Mixed Vegetables Corn w/Red Peppers Sliced Pears	10 Beef Sloppy Joe Seasoned Wedge Potatoes Green Beans Whole Grain Bun Sliced Peaches	11 Salisbury Steak w/gravy Mashed Potatoes Baby Carrots Whole Grain Wheat W.G. Vanilla Wafers Banana	12 Roasted Pork Loin Green Peas Butternut Squash W.G. Dinner Roll Escalloped Apples
15 Breaded Fish Tater Tots Spinach Whole Grain Wheat Mandarin Oranges W.G. Vanilla Wafers	16 Beef Meatloaf w/gravy Mashed Potatoes Capri Blend Whole Grain White (2) Sliced Peaches	17 Sliced Ham w/pineapple glaze Cheesy Potatoes Broccoli W.G. Dinner Roll Tropical Fruit	18 BBQ Chicken Breast Green Peas Sweet Potatoes Whole Grain White (2) Mixed Fruit	19 Swedish Meatballs w/noodles Mixed Vegetables Red Cabbage Whole Grain Wheat Sliced Pears
22 BBQ Rib Patty Scalloped Potatoes Broccoli W.G. Hamburger Bun Sliced Peaches	23 Chili Con Carne Corn w/Red Peppers Mixed Vegetables Rye Bread W.G. Vanilla Wafers Orange	24 Beef Hot Dog Whole Grain Bun O'Brien Potatoes Spinach Sliced Pears	25 CAFÉ LUNCH (SE) \$4	26 Pepper Steak Seasoned Wedge Potatoes California Blend Whole Grain Wheat (2) Mandarin Oranges
29 Beef Stew Brussels Sprouts Mixed Vegetables Corn Muffin Tropical Fruit	30 Turkey w/Stuffing Sweet Potatoes Spinach W.G. Dinner Roll Sliced Peaches	31 Stuffed Cabbage with Sauce Noodles Green Beans Sliced Carrots W.G. Vanilla Wafers Apricots	Reservations must be called in by the Wednesday prior to the week in which you reserve a meal	Suggested lunch donation: \$1.50 Choice of: 1% Milk or Buttermilk

Approved by Jill Riffle MS, RDN, LD

Menu also available at: <u>www.communitypartnershiponaging.org</u>