



MONTGOMERY COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

SENIOR NUTRITION PROGRAM – OCTOBER 2019 • BENJAMIN GAITHER CENTER

Price: \$7.10 (Under the Age of 60)

Voluntary Contribution (Ages 60+ & Their Spouses)

Please contribute as much as you can; contributions are used to serve more meals.

Reservations must be made no later than 2 PM the day prior.

Cancellations must be made by 8:15 AM the day of reservation.

Fat Free Milk served with each meal. Menu is subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tetrazzini Green Salad Whole Wheat Roll Baked Apple Orange juice	2 Bean & Cheese Burrito Yellow Rice Peppers & Onions Tossed Salad Watermelon	3 Baked Fish with Dill Sauce Brown Rice Pilaf Kale with Garlic Rye Bread Fresh Fruit	4 Spaghetti with Meat Sauce Garden Salad Italian Bread Tropical Fruit Cup
7 Tuna Salad Sandwich with Tomato & Lettuce on Rye Three Bean Salad Fresh Fruit	8 Baked Chicken Brown Rice Spinach Rolls Sliced Peaches Apple Juice	9 Beef Tips over Quinoa Carrots & Peas Green Salad Corn Bread Mandarins	10 Orange Juice Veggie Pizza Tossed Salad with Chick Peas Apple Sauce	11 Julianne Salad with Romaine, Cucumbers, Sliced Eggs & Turkey Pita Bread Fresh Fruit Cranberry Juice
14 Cabbage Rolls with Beef & Rice Green Salad Rye Bread Pineapple Tidbits	15 Roast Turkey Mash Potatoes with Gravy Broccoli, Carrots & Cauliflower Whole Wheat Bread Fresh Fruit	16 Salmon Cakes Herb Roasted Potatoes Cole Slaw Rye Bread Orange Half	17 Chicken Salsa Yellow Rice Black Beans Watermelon	18 Meatloaf Baked Sweet Potato with Gravy Garden Salad Whole Wheat Roll Fruited Gelatin

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p>Minestrone Soup Tuna Salad Sand Half on Whole Wheat Carrot Pineapple Salad Fresh Fruit</p>	<p>22</p> <p>Lemon Chicken Roasted Potatoes Green Salad Whole Wheat Bread Watermelon</p>	<p>23</p> <p>Vegetarian Chili Garden Salad Cornbread Fresh Fruit Cup Cranberry Juice</p>	<p>24</p> <p>Roast Beef Mashed Potatoes with gravy Broccoli Whole Wheat Bread Waldorf Salad</p>	<p>25</p> <p>Chicken Tacos Peppers & Onions Yellow Rice Green Salad Fruit Cup Orange Juice</p>
<p>28</p> <p>Turkey Salad on Rye Bread Broccoli Slaw Mixed Fruit Salad Apple juice</p>	<p>29</p> <p>Tomato Soup Grilled Cheese Sandwich Fresh Salad Fresh Fruit Cup</p>	<p>30</p> <p>Beef Burgundy over Noodles Broccoli Tossed Salad Italian Bread Sliced Peaches</p>	<p>31</p> <p>HALLOWEEN Orange Chicken Mashed Sweet Potatoes Dinner Roll Tossed Salad Pumpkin Pie</p>	