

**Allegany County Office for the Aging Senior Nutrition Program**

**(585) 268-9390 (Toll Free - 1-866-268-9390)**

**October 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p align="center">3</p> <p>Three Bean Salad Goulash Spinach Warmed WG Roll w/Butter Mandarin Oranges</p>	<p align="center">4</p> <p>Mixed Fruit Ham &amp; Bean Soup Italian Green Beans WG Rye Bread Banana Bread w/ Frosting</p>	<p align="center">5</p> <p>Peaches &amp; Cottage Cheese Tuna Noodle Casserole Peas &amp; Carrots WG Roll Cinnamon Apple Slices</p>	<p align="center">6</p> <p>Fruited Gelatin Chicken Fricassee over Egg Noodles Mixed Vegetables WG Roll Blueberry Crisp</p>	<p align="center">7</p> <p>Tropical Fruit Shepherd's Pie California Blend Vegetables Warmed Roll w/Butter Bread Pudding w/Vanilla Sauce</p>
<p align="center">10</p> <p align="center"><b>Closed</b> <b>Columbus</b> <b>Day</b></p>	<p align="center">11</p> <p>Fresh Apple Sloppy Joes w/ WG Bun Broccoli Cheese Soup Steamed Carrots Tapioca Pudding</p>	<p align="center">12</p> <p>Cranberry Sauce Roast Turkey w/Gravy over Stuffing Mashed Sweet Potatoes Green Bean Casserole WG Roll Peach Crisp</p>	<p align="center">13</p> <p>Tossed Salad w/ French Dressing Lasagna Steamed Broccoli Warmed WG Roll w/Butter Peaches</p>	<p align="center">14</p> <p>Applesauce Chicken &amp; Biscuits Mashed Potatoes w/Gravy Carrots Brownie</p>
<p align="center">17</p> <p>Three Bean Salad Sweet &amp; Sour Pork over Brown Rice Stir-Fry Vegetables WG Bread Pears</p>	<p align="center">18</p> <p>Tropical Fruit Macaroni &amp; Cheese Stewed Tomatoes Mixed Vegetables WG Roll Apple Crisp</p>	<p align="center">19</p> <p>Ham &amp; Broccoli Frittata over Brown Rice Italian Green Beans Cauliflower WG Bread Fruit Cocktail</p>	<p align="center">20</p> <p>Fresh Navel Orange Chili Spinach Cornbread Pumpkin Bar</p>	<p align="center">21</p> <p>Pineapple Meatloaf w/Gravy Sour Cream &amp; Chive Mashed Potatoes Corn WG Roll Carrot Raisin Bread w/Frosting</p>
<p align="center">24</p> <p>Apple Slices Stuffed Shells French Green Beans Warmed WG Roll w/Butter Sugar Cookie</p>	<p align="center">25</p> <p>Peaches Breaded Fish w/ Tartar Sauce Baked Potato w/ Sour Cream WG Roll Pumpkin Bread w/ Cream Cheese Frosting</p>	<p align="center">26</p> <p>Fruited Gelatin Seasoned Baked Chicken w/ Gravy over Stuffing Brussel Sprouts Harvard Beets WG Bread Citrus Angel Cake</p>	<p align="center">27</p> <p>Pea &amp; Carrot Salad Swedish Meatballs Buttered Noodles Lima Beans WG Roll Mandarin Oranges</p>	<p align="center">28</p> <p>Applesauce Cabbage Casserole Mashed Potatoes Rye Bread Butterscotch Pudding</p>
<p align="center">10/31</p> <p>Navel Orange Spanish Rice Black Beans Garlic Cauliflower WG Roll Peanut Butter Cookie</p>	<p align="center">11/1</p> <p>Pears Roast Pork w/Gravy over Stuffing Creamed Peas Strawberry Shortcake w/ Whipped Topping</p>	<p align="center">11/2</p> <p>Tossed Salad w/ Ranch Dressing Spaghetti w/ Meatballs Spinach Warmed WG Roll w/Butter Pineapple</p> <p align="center">Sites – Birthday Cake</p>	<p align="center">11/3</p> <p>Fruit Cocktail Chicken Breast Supreme over Egg Noodles Glazed Carrots WG Roll Raisins</p> <p align="center">Sites – Birthday Cake</p>	<p align="center">11/4</p> <p>Four Bean Salad Turkey Ala King over WG Biscuit Italian Blend Vegetables Fruit Cocktail</p>

