

SOMERS SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 EGG SALAD MACARONI SALAD BEET SALAD CLUB ROLL PUDDING	2 COUNTRY CAPTAIN CHICKEN BUTTERED BROWN RICE GREEN BEANS RYE BREAD FRUIT	3 MEATLOAF W/GRAVY MASED POTATOES PEAS & CARROTS ITALIAN BREAD PEACH PIE
6 CRISPY BAKED FISH CORN KALE & ONIONS WHOLE WHEAT BREAD PINEAPPLE CHUNKS **FALL PREVENTION BINGO**	<u>CELEBRATE OCTOBERFEST!</u> 7 BEEF SAUERBRATEN POTATO PANCAKES RED CABBAGE PUMPERNICKEL BREAD GERMAN COFFEE CAKE APPLESAUCE	8 CHICKEN CHOW MEIN WHITE RICE ORIENTAL VEGETABLES DINNER ROLL ORANGE	9 ROAST TURKEY W/GRAVY SWEET POTATOES CAULIFLOWER & PEAS WHOLE WHEAT BREAD MELON	10 EGGPLANT PARMIGIANA TOSSED SALAD ZUCCHINI ITALIAN BREAD CHOCOLATE CAKE
13 !!! CLOSED !!! 	14 MANICOTTI SPINACH W/GARLIC FRENCH STYLE GREEN BEANS DINNER ROLL FRUIT	15 ***HAPPY CHEF *** GRILLED CHEESEBURGER LETTUCE, ONION, TOMATO MACARONI SALAD BAKED BEANS DESSERT	16 PORK CUTLET PICATTA ROASTED POTATOES RED CABBAGE PUMPERNICKEL BREAD PEACHES	17 SHREDDED CHICKEN VERACRUZ RED BEANS & RICE GREEN BEANS TORTILLA VANILLA PUDDING
 20 CHICKEN CURRY BASMATI RICE CREAMED SPINACH YOGURT CUCUMBER SALAD WHOLE WHEAT BREAD COCONUT CAKE	21 ** HAPPY CHEF** CHICKEN & BROCCOLI PENNE WITH ALFREDO SAUCE MIXED SALAD BREADSTICK DESSERT	22 KNOCKWURST W/SAUERKRAUT BAKED BEANS COLESLAW CLUB ROLL FRUIT	23 SALMON W/LEMON BUTTER POTATOES FRENCH STYLE GREEN BEANS MULTIGRAIN BREAD ORANGE	24 CHEESE LASAGNA BROCCOLI FLORETS TOSSED SALAD W/CHICKPEAS ITALIAN BREAD CAKE
27 CHICKEN SAUSAGE TATER TOTS PEPPERS & ONIONS CLUB ROLL FRUIT	28 ROAST TURKEY W/GRAVY MUSHROOM ONION STUFFING SPINACH CORNBREAD PUMPKIN PAINTING 10:30AM ICE CREAM SUNDAE BAR	29 STUFFED SHELLS BROCCOLI FLORETS TOSSED SALAD W/CHICKPEAS ITALIAN BREAD FRUIT	30 ***HAPPY CHEF*** HALLOWEEN PARTY BEEF CHILI/W FIXINS RICE CORNBREAD DESSERT	 31 YANKEE POT ROAST ROASTED POTATOES GREEN BEAN CASSEROLE MULTIGRAIN BREAD PINEAPPLE CHUNKS

* Milk served daily

**Menus subject to change without notice.

IF YOU HAVE A FOOD ALLERGY, PLEASE CONTACT THE OFFICE.

*** SUGGESTED DONATION - \$3 PER MEAL ***