

October '21

PEACE, INC. - FSD

SENIOR NUTRITION

OFFICE FOR AGING & YOUTH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Sirloin Beef Stew with
Hearty Mixed Vegetables
Chuckwagon Corn
Over Biscuit
Tapioca Pudding

4

5

6

7

8

Roasted Chicken with Garlic Herb Gravy
Apple and Celery Stuffing
Buttery Peas and Pearl Onions
Apricot Halves

Gianelli Sweet Italian Sausage
Served with Shells and Marinara Sauce
Italian Blended Vegetables
Mandarin Oranges

Oriental Beef and Vegetables
over Sesame Brown Rice
Macadamia Nut Cookie

Golden Battered Cod Filet
Red Skin Potato Wedge
4 Way Mixed Vegetables
Chocolate Ice Cream

Syracuse's Famous Chicken Riggie's
Greens and Beans
Juicy Diced Peaches

11

12

13

14

15

Indigenous Peoples' Day

Beef Chili Con Carne
Romaine and Mandarin Orange Salad
Fruit Cocktail
Honey Corn Bread Muffin

Chicken Ala King
over Biscuit
Steamed Asparagus
Strawberry Ice Cream

Shaved Corned Beef and Swiss Cheese
Dressing
Steamed Cabbage, Carrots and Potatoes
Juicy Diced Pears

Glazed Home-Style Meatloaf
O'Brien Scalloped Potatoes
Capri Blend Vegetables
Mandarin Oranges

18

19

20

21

22

All American Cheese Burger
Seasoned Potato Wedges
Blended Vegetable Slaw
Johnny's Apple Cobbler

Sliced Ham and Provolone
on a Whole Wheat Kaiser
Served with a Honey Mustard Topping
Greens and Beans Soup
Rainbow Sherbet

Vegetable Lasagna Rolls
Chef Salad
Cantaloupe
Crusty Italian Bread

Oven Roasted Turkey
Sage Gravy
Home Style Mashed Potatoes
Glazed Baby Carrots
Juicy Diced Peaches
Fresh Baked Whole Wheat Roll

Chicken Breast Strips
served in a Cheesy Alfredo Sauce
Served over Bowtie Pasta
Steamed Broccoli
Jell-O with Whipped Topping

25

26

27

28

29

South Western Style
Grilled Chicken
Chuckwagon Corn
Oven Roasted Red Skin Potatoes
Mandarin Oranges

Sliced Roast Beef and Cheddar
on a Whole Wheat Kaiser
Tomato Cucumber Salad with Tortellini
Lemon Drop Cookie

Italian Style Meatballs and Marinara
Served over Spaghetti
Italian Green Beans
Diced Pineapple
Crusty Italian Bread

Chicken Cordon Bleu Casserole
Winter Blend Vegetable
Fresh Grapes

Beef Bourguignon
Served over Buttered Egg Noodles
Lemon Garlic Green Beans
Fresh Strawberries with Whipped Topping
Fresh Baked Whole Wheat Dinner Roll

All Meals include: Coffee, Tea, Milk
Bread, and Margarine

Menus meet 1/3 of RDA
Menu is Subject to Change

Guest Fee
\$7.00

Suggested Contribution:
\$3.50