



Greater Bridgeport Senior Community Café

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Apple Juice Spaghetti Meatballs Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Mandarin Oranges</p>	<p>2</p> <p>Cranberry Juice Country Fried Chicken Country Gravy Mashed Potato Green Beans with Mushrooms</p> <p>Italian Bread</p> <p>Rice Raisin Pudding</p>	<p>3</p> <p>Grape Juice Roast Pork Applesauce Gravy Sesame Noodles Buttered Beets</p> <p>100% W.W. Bread</p> <p>Birthday Cake</p>	<p>4</p> <p>Pasta Fagioli Unsalted Crackers Chicken Breast Sandwich Lettuce and Tomato Sweet Potato Tots Cole Slaw Mayonnaise Sesame Bun</p> <p>Peaches</p>	<p>5</p> <p>Parmesan Crusted Pollock Baked Potato Scandinavian Veggies Sour Cream</p> <p>Multi Grain Bread Baked Apples with Whipped Topping</p>
<p>8</p> <p>Closed Columbus Day</p>	<p>9</p> <p>Senior Luncheon 12:00 PM</p>	<p>10</p> <p>Sliced Ham with Pineapple Glaze Mashed Potato Geneva Blend Veggies</p> <p>Rye Bread</p> <p>Tropical Fruit Cup</p>	<p>11</p> <p>Cranberry Juice Lemon Pepper Fish Cheesy Rice Broccoli</p> <p>Pumpernickel Bread</p> <p>Chocolate Pudding</p>	<p>12</p> <p>Apple Juice Sweet and Sour Chicken Thighs Sesame Noodles Oriental Blend Veggies</p> <p>Dinner Roll</p> <p>Brownie</p>
<p>15</p> <p>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</p> <p>Rye Bread</p> <p>Fruit Cocktail</p>	<p>16</p> <p>LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach</p> <p>Biscuit</p> <p>Fresh Fruit Salad</p>	<p>17</p> <p>Orange Juice Baked Chicken Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>18</p> <p>Cranberry Juice Veal Picatta Mashed Potato Winter Squash</p> <p>Dinner Roll</p> <p>Oatmeal Raisin Cookie</p>	<p>19</p> <p>Grape Juice Turkey Tetrizzini Brown Rice California Blend Veggies</p> <p>Pumpernickel Bread</p> <p>Ice Cream Cup</p>
<p>22</p> <p>Potato Leek Soup Unsalted Crackers Rib-B-Que Baked Beans Cole Slaw</p> <p>Cornbread</p> <p>Mandarin Oranges</p>	<p>23</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>24</p> <p>Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Potato Bread</p> <p>Cantaloupe</p>	<p>25</p> <p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots</p> <p>Apple Pie</p>	<p>26</p> <p>Codfish Cakes Steak Fries Tossed Spinach Salad Greek Dressing Broccoli Ketchup Multigrain Bread</p> <p>Tropical Fruit Cup</p>
<p>29</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Pumpernickel Bread</p> <p>Pudding</p>	<p>30</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips Spanish Rice Pintos and Black Eyed Peas Tortilla</p> <p>Pears</p>	<p>31</p> <p>Bubbling Beef Stroganoff Batty Buttered Noodles Goblin Garden Salad</p> <p>Eery Italian Dressing Pumper-knuckle Bread</p> <p>Tricky Treat</p>		