

All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – *Please give whatever you can; help us help others.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER	NOTE: Please call the Romney Senior Center for any home delivered meal questions or concerns	1 Chili w/ Beans Grilled Cheese Sandwich Kale Fruit Wheat Crackers	2 Polish Sausage w / Bun Sauerkraut Parsley Potatoes Cauliflower Fruit Cookie	3 Swiss Steak w/ Tomatoes & Onions Brown Rice Lima Beans Side Salad Fruit
6 Honey Mustard Chicken Italian Vegetables Baby Baker Potatoes Fruit	7 Minestrone Soup Peas Side Salad Fruit Crisp Wheat Crackers	8 Salmon Cake Vegetable Rice Stewed Tomatoes Coleslaw Fruit	9 Cheese Pizza Pizza Green Beans Corn Cottage Cheese Fruit	10 Baked Ham w/ Pineapples Sweet Potatoes Asparagus Fruit Whole Wheat Roll
13 Taco Salad w/ Chili, Cheese, Refried Beans, Mexican Corn, Brown Rice, Cornbread Tortilla Chips Fruit	14 Pork Chops w/ Gravy Stuffing White Beans Biscuit Jell-O Fruit	15 Broccoli Cheese Soup Peanut Butter Sandwich Spinach Baked Apples Wheat Crackers	16 COOK'S CHOICE	17 Chicken Alfredo w/ Penne Broccoli Breaded Mozzarella Sticks Side Salad Fruit Dessert
20 Chicken & Rice Soup Peas Cooked Carrots Fruit Wheat Crackers	21 French Toast Sticks w/ syrup Bacon Egg & Cheese Omelet Blueberry Muffin Apple	22 Chicken Salad Wrap Red Skin Potato Salad Celery & Carrot Sticks Fruit	23 BBQ Pulled Pork w/ Bun Macaroni & Cheese Brussel Sprouts Coleslaw Fruit Boston Cream Pie	24 Lasagna w/ Meat Sauce Garlic Bread Green Beans Side Salad Yogurt w/ Fruit
27 Salisbury Steak w/ Gravy Mashed Potatoes Succotash Fruit Wheat Bread	28 Tuna Noodle Casserole w/ Peas Cooked Carrots Cottage Cheese w/ Fruit Chocolate Parfait	29 Burrito Bowl w/ Chicken Marinated Black Bean Salad Fruit	30 Cream of Potato Soup Ham Salad Sandwich California Blend Veg. Fruit Wheat Crackers	31 Halloween Chili, Cheese Dog w/ Bun Baked Fries Baked Beans Coleslaw Fruit
If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.				

If schools are dismissing early, we will be closed. You will be provided a frozen meal for the days we are closed.

MENU IS SUBJECT TO CHANGE