







Monday	Tuesday	Wednesday	Thursday	Friday
3 Buttered Crumb Pollock Fillet Potato Wedges Capri Blend/Tartar Sauce Apricots/Wheat Bread	4 Beef Patty on a Bun American Fries 3 Bean Salad Apple	5 Chicken & Dumplings Green Beans Sliced Peaches Juice Cup Wheat Bread	6 Ham Ball with Pineapple Sweet Potatoes Peas Tropical Fruit Wheat Roll	7 Mostaccioli with Meat Sauce Sicilian Blend Romaine Salad/Dressing Fresh Pear/Italian Bread Cherry Italian Ice
10 <div style="border: 2px solid red; padding: 5px; text-align: center;"> CLOSED  HAPPY COLUMBUS DAY! </div>	11 Lemon Pepper Chicken Roasted Potatoes Carrots Fruit Cocktail Wheat Bread	12 Salisbury Steak with Gravy Au Gratin Potatoes Butter Beans Orange/Dinner Roll	13 Stuffed Pollock Potato Wedges Spinach Ambrosia Salad Wheat Bread	14 Chicken Salad on Wheat Bread Potato Soup Kidney Bean Salad Cinnamon Apples/Cookie
17 Cheese Omelet Hash Browns Sausage Links Fruit Cocktail Tomato Juice/Biscuit	18 Baked Chicken Quarters Scalloped Potatoes Baby Carrots Tropical Fruit Wheat Bread	19 Cabbage Roll Casserole Green Beans Dried Apricots Wheat Roll	20 Smoked Sausage Baked Beans Cauliflower Diced Peaches Bun	21 Meatloaf with Gravy Mashed Potatoes Lima Beans Gelatin Salad Banana Bread/Wheat Bread
24 Shaved Corned Beef Swiss Cheese/Rye Bread Thousand Island Dressing Potato Wedges Sauerkraut/Applesauce	25 Chicken Cordon Bleu Pasta Broccoli Florets Mandarin Oranges Juice Cup Wheat Bread	26 Pork Roast with Gravy Baked Sweet Potato Peas & Onions Blushing Pears Frosted Cake Wheat Roll	27 Creamed Chicken and Biscuits Mashed Potatoes Romaine Salad with Dressing Fruit Cocktail	28 Beef and Bean Enchiladas Spanish Rice Refried Beans Pineapple Juice Cup Cookie
31 Cauldron Chili Corn with Red Peppers Boo Berry Crisp with Ice Cream Witches Brew Juice Cup Corn Bread	<div style="text-align: center;">  <i>If you're 65 years or older, getting a flu shot is the best way to protect yourself and those around you from flu.</i> -CDC </div>	<p style="text-align: center;">Tell us what you think! Each day rate the menu: 1 (least favorite) to 5 (most enjoyed).</p> <p style="text-align: center;"> At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p>	<div style="text-align: center;">  Free Diabetes Workshop! </div>	<p style="text-align: center;"><u>Dates:</u> Thursday's 10/6 thru 11/10 <u>Time:</u> 1:00 pm to 3:30 pm <u>Location:</u> VAC's Luncheon Site 330 Grove Street, Sycamore To register call Leah or Colleen at 815-758-3932</p>