OCTOBER 2022

Douglas County Senior Center * Milk Served Daily *Sliced WW Bread Available Upon Request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Beef Burgundy over Egg Noodles** **Yellow and Zucchini Squash, Caesar Salad** **Apple Pie**	**4** **Chicken Broccoli Rice** **Beet Salad** **Apricot Bran Muffin** **Honey Dew Melon**	**5** **Mexican Ravioli w/ Black Beans, Garden Salad w Salsa Ranch Dressing** **Poblano Roasted Vegetables w/ Corn** **Mango Cup**	**6** **French Bread Pizza w/ Sausage and Pepperoni** **Marinated Cucumber, Tomato, Chickpea Salad** **Mandarin Orange cup** **Chocolate Pudding**	**7** **Pork Chow Mein** **Chopped Spinach Salad** **Balsamic Vinaigrette** **WW Bread** **Sliced Pineapple**
10 **Chicken with Puff Pastry** **Pea Salad** **Savory Green Beans** **Apricots** **Jello w/ Whip Cream**	**11** **Sloppy Joe on WW Bun** **Baked Beans,** **Baby Carrots** **Fruit Cocktail**	**12 BIRTHDAY DAY** **Pork Chops with Apples** **Colorful Salad** **Corn Bread Stuffing** **Peas and pearl Onions** **Dinner Roll** **Cake and Ice Cream**	**13** **Monterey Black Bean Chicken, Rice, CA Vegetable Blend** **Mexican Salad w Sour Cream Dressing, Apricot Cup Flan**	**14** **Baked Fish Scandia** **7 Grain Bread** **Aztec Rice** **Zucchini Squash** **Tossed Salad, GFY** **Creamy Dressing** **Applesauce**
17 **Shrimp Scampi over Fettucine, Carrots** **Spring Mix Salad** **Fruit cup** **Chocolate Eclair**	**18** **Chicken Tamale w/ Green Sauce, Spanish Rice** **Corn Medley** **Green Salad** **Spiced Apple cup** **Pudding**	**19** **Steak Strips smothered in Onions** **Green Snap Peas, Butternut Squash, Mixed Green Salad w Italian Dressing, Pears**	**20** **Turkey Bacon Ranch Wrap** **Caesar Salad** **Tropical Fruit Dish** **Sun Chips** **Ice Cream Bar**	**21** **Chicken Pasta Primavera** **Colorful Salad** **Italian Dressing** **Garlic Bread** **Citrus Delight**
24 **Ortega Burger** **Ranch Beans** **Mexi Corn** **Green Salad** **Peach Cup**	**25** **Chicken Cacciatore** **Peas and Carrots** **Lettuce Tomato Salad** **Italian Dressing** **Garlic Bread** **Diced Pears**	**26** **Crispy Orange Chicken** **Wrap Jasmine Rice** **Asian Coleslaw** **Snap Peas and Carrots** **Pineapple Juice** **Fortune Cookie**	**27** **Beef Stew** **WW noodles** **Garden Salad** **LFLS Dressing** **Mixed Berry Cup**	**28** **HOLIDAY**
31 HALLOWEEN **BBQ Beef Sandwich** **Coleslaw** **French Fries, KK Carrots** **Assorted Cookies** **Fruit Punch**				