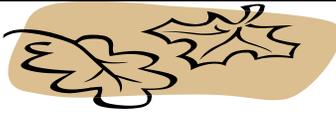


OCTOBER 2016

MENU

Under 60: \$6.00 Charge
 60 and Over: \$2.00 Donation
 Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf w/ Gravy Red Bliss Potato Winter Blend Veg Oatmeal Cookie**	4 Brunswick Stew (Beef, Onions, Potatoes), Carrots, Biscuit, Fresh Fruit	5 Chicken Florentine Wild Rice Green Beans, Fruited Pudding**	6 Turkey Baked Beans Cole Slaw, Brown Bread Hot Apple Dessert	7 <u>Community Dining Brunch</u> French Toast Casserole, Syrup, Fresh Fruit, Cottage Cheese, Juice
10 Chicken A La King Biscuit, Beets, Fresh fruit	11 Turkey Breast w/Gravy Stuffing, Garden Blend veg Sweet Potatoes, Cookie**	12 American Chop Suey Cauliflower French Bread, Pineapple	13 Pork w/Mushroom Sauce Brown Rice, Scandinavian Blend Veg., Tropical Fruit	14
17 Stuffed Cabbage Casserole Green Beans Roll Pudding**	18 BBQ Pork Riblets Western Scalloped Potatoes Corn Oatmeal Raisin Cookie**	19 Chicken Alfredo Pasta Broccoli Peaches	20 Beef Stew Corn Muffin Butternut Squash Fruited Pudding**	21 <u>Community Dining Brunch</u> – Omelet, Sausage, Stewed Tomatoes, Muffin, Juice
24 Cheese Lasagna w/Vegetable Sauce, Wax Beans, Bread, Yogurt	25 Turkey Fricassee w/Gravy and Vegetables on a Biscuit, Carrots, Pears	26 Swedish Meatballs Scalloped Potatoes, Mixed veg, Gingerbread **	27 Mediterranean Chicken, Pasta, Spinach, Peaches	28 TEA PARTY
31 Cheesy Chicken Rice Casserole Carrots, Baked Apples Halloween Cake**			HALLOWEEN 	



Join us for *Café Bienvenue* offering choices of soup and salad bar menu. Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.

***Lower Sodium Meal**

****Diet Substitute**

Each meal provides one third of the USDA required daily allowance of nutrients.

Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.

Alton875-7102
 Belmont267-9867
 Concord M.O.W.225-9092
 Horseshoe Pond Place228-6956

Laconia524-7689
 Mountain View938-2104
 Pittsfield..... 435-8482
 Suncook485-4254

Tilton527-8291
 TRIP (Franklin)934-4151