


Menu

October 2018

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p>Macaroni & Cheese</p> <p>Broccoli</p> <p>Stewed Tomatoes</p> <p>Italian Bread</p> <p>Fruit Cocktail</p>	<p>2</p> <p>Grilled Chicken Served over Tossed Salad w/Ranch Dressing</p> <p>Split Pea Soup</p> <p>12 Grain Bread</p> <p>Mandarin Oranges</p>	<p>3</p> <p><u>SR. EXPRESS</u></p> <p>TOPS</p>	<p>4</p> <p>Vegetables w/ Pork Chinese Style Brown Rice</p> <p>Wax Beans</p> <p>Dinner Roll</p> <p>Fresh Apple</p>
<p>8</p> <p>Stuffed Cabbage w/Sauce</p> <p>Fresh Mashed Potatoes</p> <p>Green Beans</p> <p>Pumpnickel Bread</p> <p>Applesauce</p>	<p>9</p> <p>Broccoli & Cheese Topped Baked Potato</p> <p>Black Bean & Lentil Chili</p> <p>Wheat Bread</p> <p>Petite Banana</p>	<p>10</p> <p><u>SR. EXPRESS</u></p> <p>WAL-MART (BROCKPORT)</p>	<p>11</p> <p>Seafood Salad w/ Lettuce and Tomato on Wheat Thinwich</p> <p>Chicken Gumbo</p> <p>Apricots</p>
<p>15</p> <p>Chicken Cordon Bleu</p> <p>Fresh Mashed Potatoes & Gravy</p> <p>Broccoli</p> <p>Wheat Bread</p> <p>Peaches</p>	<p>16</p> <p>Braised Pork w/Gravy</p> <p>Southwest Chicken Soup</p> <p>Steamed Potatoes</p> <p>Dinner Roll</p> <p>Warm Applesauce</p>	<p>17</p> <p><u>SR. EXPRESS</u></p> <p>GREECE RIDGE CENTER</p>	<p>18</p> <p>Pub Burger on Bun w/Lettuce, Tomato, Onion & Condiments</p> <p>Minestrone Soup</p> <p>Petite Banana</p>
<p>22</p> <p>BBQ Pulled Pork served Over Baked Potato</p> <p>Coleslaw w/Pineapple</p> <p>Corn</p> <p>Rye Bread</p> <p>Pears</p>	<p>23</p> <p>Tuna Salad Sandwich on Wheat Bread w/Lettuce & Tomato</p> <p>Cabbage Beef Soup</p> <p>Fruit Cocktail</p> <p>happy birthday</p>	<p>24</p> <p><u>SR. EXPRESS</u></p> <p>DOLLAR TREE SPENCERPORT</p>	<p>25</p> <p>Beef Stew Over Biscuit</p> <p>Tossed Lettuce Salad w/French Dressings</p> <p>Peas</p> <p>Pineapple</p>
<p>29</p> <p>Breaded Haddock w/ Tartar Sauce</p> <p>Coleslaw w/out Pineapple</p> <p>Juice</p> <p>Wheat Bread</p> <p>Apricots</p>	<p>30</p> <p>Cold Roast Beef Sandwich</p> <p>Tossed Lettuce w/Italian</p> <p>Juice</p> <p>Italian Bread</p> <p>Petite Banana</p>	<p>31</p> <p><i>Senior Center & Recreation Office: 392 - 9030</i></p> 	<p><i>No person shall be denied or be subjected to discrimination under any program or activity receiving Federal assistance on grounds of race, color, sex, religion, national origin, disability, or marital status.</i></p>