



Greater Bridgeport Senior Community Café

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

\$3.00 SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Roast Pork with Apple Glaze Sesame Noodles Buttered Beets</p> <p>100% Whole Wheat</p> <p>Mandarin Oranges</p>	<p>3</p> <p>Parmesan Crusted Pollock Baked Potato Scandinavian Veggies Sour Cream</p> <p>Multi Grain Bread</p> <p>Plum</p>	<p>4</p> <p>Apple Juice Spaghetti Meat Sauce Romaine Salad Ranch Dressing</p> <p>Italian Bread</p> <p>Birthday Cake</p>	<p>5</p> <p>Pasta Fagioli Unsalted Crackers Chicken Salad Lettuce Bed Tomato Olive Salad Pickled Beets Multi Grain Bread</p> <p>Peaches</p>	<p>6</p> <p>Grape Juice Pepper Steak with Peppers and Onions Lyonnaise Potatoes Peas and Carrots</p> <p>12 Grain Bread</p> <p>Rice Pudding</p>
<p>9</p> <p>Closed for Columbus Day</p>	<p>10</p> <p>Cream of Broccoli Unsalted Crackers Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Dressing Corn Muffin</p> <p>Cinnamon Applesauce</p>	<p>11</p> <p>Roasted Turkey Turkey Gravy Mashed Potatoes Geneva Blend Veggies Cranberry Sauce</p> <p>Biscuit</p> <p>Tropical Fruit Cup</p>	<p>12</p> <p>Lemon Pepper Fish Fruited Rice (with Apples) Broccoli</p> <p>Pumpnickel Bread</p> <p>Fruit Cocktail</p>	<p>13</p> <p>Apple Juice Sliced Pork Au Jus Sesame Noodles Green Beans</p> <p>Rye Bread</p> <p>Brownie</p>
<p>16</p> <p>Veal Scaloppini over Parslied Buttered Noodles Beets</p> <p>100% Whole Wheat</p> <p>Fruit Cocktail</p>	<p>17</p> <p>Cranberry Juice Broccoli Bake Stewed Tomatoes Romaine Salad French Dressing</p> <p>Rye Bread</p> <p>Oatmea Raisin Cookies</p>	<p>18</p> <p>Orange Juice Baked Chicken Parmesan Rigatoni and Sauce Spinach Salad Italian Dressing Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>19</p> <p>Yankee Bean Soup Unsalted Crackers Tuna Salad with Celery and Onion Carrot Raisin Slaw</p> <p>Hot Dog Roll</p> <p>Apricots</p>	<p>20</p> <p>Grape Juice Turkey Tetrizzini Sauce Brown Rice California Blend Veggies</p> <p>Pumpnickel Bread</p> <p>Ice Cream Cup</p>
<p>23</p> <p>Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Potato Bread</p> <p>Plum</p>	<p>24</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>25</p> <p>Codfish Cakes Steak Fries Cole Slaw Ketchup</p> <p>Corn Muffin</p> <p>Tropical Fruit Cup</p>	<p>26</p> <p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Peas and Carrots</p> <p>Apple Pie</p>	<p>27</p> <p>Pinapple Orange Juice LS Sliced Honey Ham Oven Roasted Potatoes Broccoli with Red Pepper</p> <p>Rye Bread</p> <p>Mandarin Oranges</p>
<p>30</p> <p>Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Pumpnickel Bread</p> <p>Pears</p>	<p>31</p> <p>Creepy Corn Chowder Unsalted Crazy Crackers Freaky Fajita Cackling Chicken Strips Screaming Spanish Rice Painful Pintos and Bulging Black Eye Peas Tacky Tortilla</p> <p>Pumpkin Delight</p>			