

# ST. CHARLES AREA AGENCY ON AGING • OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef Patty w/ Pepper &amp; Onion Gravy</b> Mashed Potatoes Carrots White Dinner Roll LD Fudge Round 1	<b>Sausage &amp; Pinto Beans w/Rice</b> Seasoned Turnip Greens Pickled Beets Cornbread Mandarin Oranges 2	<b>BBQ Chicken</b> Baked Beans Normandy Blend Vegt Whole Wheat Bread Chocolate Chip Cookie 3	<b>Beef Macaroni w/Tomato Sauce</b> Mixed Vegetables Green Garden Salad w/Dressing Whole Wheat Bread Peach Crisp 4	<b>Chicken Salad Sandwich</b> on Whole Wheat Bread Spinach Salad w/Italian Pineapple Tidbits Banana Pudding 5
<b>Chicken &amp; Sausage Jambalaya</b> Winter Blend Vegetables Candied Sweet Potatoes White Bread Variety Moon Pie 8	<b>Beef Vegetable Stew</b> Brown Rice Whole Kernel Corn Whole Wheat Bread Grape Juice 9	<b>Ham &amp; Lima Beans w/Rice</b> Coleslaw Steamed Spinach Cornbread Fruit & Grain Bar 10	<b>Turkey Salad Sandwich</b> on Whole Wheat Bread Romaine Lettuce Salad w/Dressing Mandarin Oranges Banana Cake 11	<b>Taco Salad w/Tortilla Chips</b> Lettuce & Tomato Shredded Cheese Sr Cream / Taco Sauce Chuckwagon Corn Oatml Raisin Cookie12
<b>Sliced Roasted Turkey w/Gravy</b> Mashed Potatoes Southern Green Beans Whole Wheat Roll Peaches Margarine 15	<b>Hamburger on a Bun</b> Lettuce/Tomato/Pickle Mustard/Ketchup/Mayo Chuckwagon Corn Fresh Fruit Chocolate Milk 16	<u><b>BIRTHDAY SPECIAL</b></u> <b>Chicken &amp; Sausage Gumbo w/Rice</b> Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Chocolate Cake 17	<b>Ham &amp; White Beans w/Brown Rice</b> Seasoned Turnip Greens Carrot Raisin Salad Cornbread Fresh Banana 18	<u><b>FALL SPECIAL</b></u> <b>Roast Pork w/Gravy</b> Cabbage Strawberry Kiwi Juice Macaroni & Cheese Pecan Pie 19
<b>Chicken Breast Fillet w/Honey Mustard Sc</b> Country Cottage Blend Vegetables Au Gratin Potatoes Whole Wheat Bread Fresh Orange 22	<u><b>BREAKFAST SPECIAL</b></u> <b>Brkfst Sausage or Ham</b> Grits Spiced Apple Slices Orange Tangerine Juice Biscuit/Jelly/Margarine Choc Chip Cookie 23	<b>Red Beans &amp; Sausage w/Rice</b> Steamed Spinach Pickled Beets Cornbread Peach Cobbler 24	<b>Hot Dog w/Chili on a Bun</b> Chuckwagon Corn Coleslaw Fruit & Grain Bar 25	<u><b>SPECIAL BY DEN SPRNGS</b></u> <b>Seafood Gumbo w/Rice</b> Winter Blend Vegetables Potato Salad Whole Wheat Crackers Cheesecake Pudding26
<b>Beef Patty w/ Pepper &amp; Onion Gravy</b> Mashed Potatoes Carrots White Dinner Roll LD Fudge Round 29	<b>Sausage &amp; Pinto Beans w/Rice</b> Seasoned Turnip Greens Pickled Beets Cornbread Mandarin Oranges 30	<b>BBQ Chicken</b> Baked Beans Normandy Blend Vegt Whole Wheat Bread Chocolate Chip Cookie 31	All Meals are Served With 1/2 Pint of 2% Milk.	Your Contributions are Greatly Appreciated.  Please Help Your Council on Aging Help Others.