

OCTOBER, 2018

LUNCH CALENDAR

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOOA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative (Items must be ordered at least one week in advance)
 LF Alt = Low Fat Alternate (Items must be ordered at least one week in advance)

SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sausage & Kraut (LS Alt= Turkey Franks) Smashed Red Potatoes Winter Squash Oranges	2 Home Delivery Only: BBQ Pork Sandwich Tater Tots Vinegar Cole Slaw Fruit Crisp Free Lunch at Road to Wellness, St. Caspar's. No Meal Served at Sites.	3 Breaded Pork Chops Rice Pilaf Sugar Snap Peas Pineapple Chunks Fruit Punch	4 Home Delivery Only: Chicken Salad Lettuce & Tomato Pickled Beets 5 Cup Salad Free Lunch for special Senior Day at St. Caspar's, hosted by Worthington Industries. No Meal Served at Sites.	5 Breakfast for Lunch Sausage, Egg and Cheese Biscuit Sandwich Hash Brown Casserole French Toast Bake Fresh Fruit Vegetable Juice
8 CLOSED FOR COLUMBUS DAY	9 Hot Chicken Sandwich Potato Wedges Italian Blend Vegetables Dark sweet Cherries	10 Squash Soup Ham & Cheese Sandwich Broccoli Salad Fruit Salad	11 Steamed Franks (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Tropical Fruit	12 Goulash Cooked Cabbage Corn Nuggets Peaches Cookies
15 Shepherd's Pie Summer Squash Green Salad Fruit Crisp	16 Ham & Bean Soup Egg Salad Sandwich Cucumber Salad Jell-O	17 Cheese Burgers Potato Wedges Seasoned Spinach Pears	18 Roast Turkey Savory Bread Dressing Steamed Broccoli Wax Beans Orange Cranberry Relish	19 Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit
22 Beef Stew Tossed Salad Cottage Cheese Mandarin Oranges Biscuits	23 Country Fried Steak w/Country Gravy Mashed Potatoes Peas Apricots Yogurt	24 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Malibu Blend Vegetables Fruit Cobbler	25 Stuffed Pepper Soup Chicken Salad Sandwich Three Bean Salad Orange Segments	26 Breaded Chicken Strips O'Brien Potatoes Brussels Sprouts Fruit Cocktail
29 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Spiced Applesauce	30 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes	31 Corn Chowder Turkey Sandwich Pea Salad Jell-O		