

LUNCH CALENDAR

OCTOBER, 2019

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

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

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**)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Home Delivery Menu Only: 1 Submarine Sandwich w/Lettuce & Tomato Broccoli Salad Ambrosia No Lunch Served at Sites; register for free lunch at Road to Wellness	2 Salisbury Steak Mashed Potatoes Seasoned Corn Apricots Wauseon Only: Liver & Onions	3 Oriental Pepper Steak Steamed Brown Rice Far East Blend Vegetables Mandarin Oranges	4 Roast Pork Rice Pilaf Spinach Apple Sauce Juice
7 Sausage Patty Sandwich Hash Brown Casserole Succotash Pineapple Chunks Pudding Wauseon Only: Fish Sandwich	8 Chicken Vegetable Soup Ham & Cheese Sandwich Pea Salad Jell-O	9 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches	10 Goulash Summer Squash Garden Salad Fruit Crunch	11 Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit
14 CLOSED FOR COLUMBUS DAY	15 Chicken Alfredo Pasta Steamed Carrots Peas Tropical Fruit	16 Beef Stroganoff Egg Noodles Brussels Sprouts Apple Sauce	17 Cheese Burgers Seasoned Potato Wedges Baked Beans Orange Sections Cookies	18 Corn Chowder Corned Beef on Rye (LS Alt=Turkey) Kidney Bean Salad Pineapple & Bananas
21 Chili w/Beans Mexican Style Rice Calico Corn Fresh Fruit	22 Smothered Chicken Mashed Potatoes Sugar Snap Peas Dark Sweet Cherries	23 Biscuits & Gravy Hash Brown Casserole Green Salad Fruit Crisp	24 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese California Blend Mixed Fruit Juice	25 Beef & Noodles Mashed Potatoes Green Beans Peaches Yogurt
28 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Glazed Carrots Fresh Oranges	29 Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Mixed Fresh Fruit Wauseon Only: Pasta Bar	30 Hot Chicken Sandwich Roasted Potatoes Creamy Cole Slaw Baked Apples	31 Cream of Broccoli Soup Ham Salad Sandwich (LS Alt= Chicken Salad) Cauliflower Salad 5 Cup Salad	