

LUNCH CALENDAR

OCTOBER, 2024

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **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**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Beef & Noodles 1 Mashed Potatoes Green Beans Apple Slices Cookies / SF Cookie	Chicken Breast Sandwich 2 Red Potatoes Asparagus Mandarin Oranges	Pasta & Meat Sauce 3 Steamed Broccoli Summer Squash Apricots	Bratwurst 4 Sauerkraut Brussels Sprouts German Potato Salad Fresh Fruit
Philly Beef Steak 7 Peppers & Onions Paco Blend Carrots Dark Sweet Cherries	Popcorn Chicken 8 Mashed Potato Corn Coleslaw Pears	Tomato Tortellini Soup 9 Ham Salad Sandwich (LS Alt = Chicken Salad) Tossed Salad 5 Cup Salad	Cheese Omelet 10 Sausage Links Home Fries Spiced Applesauce Orange Juice	Cream Chipped Beef 11 Mashed Potatoes Mixed Vegetables Fresh Fruit Yogurt
14 SITES CLOSED COLUMBUS DAY	Creamed Chicken 15 Buttered Beets Pineapple Casserole	Cheese Burgers 16 Seasoned Potato Wedges Normandy Blend Tangerine	Fish Sandwich 17 Macaroni & Cheese Stewed Tomatoes Juice	Hamburger Gravy 18 Mashed Potatoes Succotash Fresh Fruit
Hot Dog 21 (LS Alt = Hot Dog) Baked Beans Mixed Vegetables Fruit Salad	Cream of Broccoli Soup 22 Cold Cut Sandwich Grape Salad Sunshine Salad	BBQ Pork Sandwich 23 Roasted Potatoes Ranch Style Beans Creamy Fruit Salad	Salisbury Steak 24 Mashed Potatoes Peas & Carrots Mixed Fruit Brownie / SF Brownie	Ham loaf 25 (LS Alt = Meatloaf) Sweet Potatoes Winter Blend Banana
Goulash 28 Cooked Cabbage Fruit Crunch	Baked Chicken 29 Mashed Potatoes Garlic Chalet Blend Peaches	Turkey Salad Sandwich 30 w/Lettuce & Tomato Potato Salad Pumpkin Mousse Fresh Fruit	Sweet & Sour Meatballs 31 White Rice Green Beans Cauliflower Juice	