

# LUNCH CALENDAR

OCTOBER, 2025

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**)

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

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

**Checks Payable to: Fulton County Senior Center**

**\*The following major food allergens are used as ingredients in this facility: Milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Please notify our staff for more information about these ingredients.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Swanton B-day <b>1*</b> Chicken Strips Tater Tots Asparagus Mandarin Oranges	Fayette & Delta B-day <b>2*</b> Lasagna Steamed Broccoli Summer Squash Apricots	Wauseon & Archbold B-day <b>3*</b> OCTOBERFEST Bratwurst/Sauerkraut Brussels Sprouts German Potato Salad Fresh Fruit
Philly Beef Steak <b>6*</b> Peppers & Onions Paco Blend Carrots Dark Sweet Cherries	ROAD TO WELLNESS <b>7*</b> Beef & Noodles Mashed Potato Green Beans Apple Slices Cookie/SF Cookie	Tomato Tortellini Soup <b>8*</b> Seafood Salad Tossed Salad Jello w/Fruit	Cheese Omelet <b>9*</b> Sausage Links Hashbrown Casserole Spiced Applesauce Orange Juice	Hamburger Gravy Mashed Potatoes Succotash Fresh Fruit
<b>SITES CLOSED COLUMBUS DAY</b> <b>13*</b>	Creamed Chicken <b>14*</b> Buttered Beets Pineapple Casserole	Cheese Burgers <b>15*</b> Batter Bites Normandy Blend Tangerine	Herb Breaded Fish <b>1</b> Creamed Spinach Stewed Tomatoes Juice	Chili w/Beans Mexican Rice Corn Mango Cornbread
Hot Dog <b>20*</b> (LS Alt = Chicken Breast) Baked Beans Mixed Vegetables Fruit Salad	Cream of Broccoli Soup <b>21*</b> Cold Cut Sandwich Grape Salad Sunshine Salad	BBQ Pork Sandwich <b>22*</b> Roasted Potatoes Sweet & Sour Spinach Creamy Fruit Salad	Salisbury Steak <b>23*</b> Mashed Potatoes Peas & Carrots Mixed Fruit Brownie / SF Brownie	Ham loaf <b>24*</b> (LS Alt = Meatloaf) Sweet Potatoes Winter Blend Banana
Goulash <b>27*</b> Cooked Cabbage Fruit Crunch	Sweet & Sour Meatballs <b>28*</b> White Rice Green Beans Asian Blend Juice	Baked Chicken <b>29*</b> Mashed Potatoes Garlic Chalet Blend Peaches	COLD PACK <b>30*</b> Roast Beef & Cheddar Potato Salad Pumpkin Mousse Fresh Fruit	BOWL <b>31*</b> Popcorn Chicken Mashed Potato Corn Coleslaw Pears