

LUNCH CALENDAR

OCTOBER, 2022

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
Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Peaches 3	Chicken Gumbo Soup Deli Sandwich w/Lettuce & Tomato Cucumber Salad Jell-O 4	Sloppy Joes Roasted Potatoes Malibu Blend Vegetables Pears 5	Fish Sandwich Rice Pilaf Mixed Vegetables Vegetable Juice Fresh Fruit 6	Creamed Chipped Beef Mashed Potatoes Green Beans Apricots Pudding 7
CLOSED FOR COLUMBUS DAY 10	Bratwurst w/Peppers & Onions (LS Alt=Turkey Franks) Roasted Vegetables Pineapple Juice 11	Swiss Steak Mashed Potatoes Peas & Carrots Bananas 12	Stuffed Pepper Soup Tossed Salad Kidney Bean Salad Sunshine Salad 13	BBQ Pork Sandwich Ranch Style Beans Cole Slaw Fruit Crunch 14
Goulash Cooked Cabbage Sugar Snap Peas Fresh Fruit 17	Baked Fish Macaroni & Cheese Stewed Tomatoes Mixed Fruit Juice 18	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes California Blend Applesauce 19	Beef & Noodles Mashed Potatoes Green Beans Grapes Cup Cakes 20	Hot Dogs (LS Alt=Chicken Breast) Baked Beans Winter Blend Vegetables Peaches 21
Cold Plate Chicken Salad Sandwich Lettuce & Tomato Potato Salad Broccoli Salad Ambrosia 24	Pasta w/Meat Balls Steamed Broccoli Carrots Fruit Salad 25	Biscuits & Gravy Hash Brown Casserole Corn Nuggets Mandarin Oranges 26	Pub Burgers Mixed Vegetables Pineapple Casserole Potato Chips Fresh Fruit 27	Baked Chicken Mashed Potatoes Peas & Mushrooms Pears Cookies 28
Pot Roast Boiled Potatoes Carrots Tangerines 31				