

**Note: Phone Number
480-4337**

**SENIOR LUNCH PROGRAM
OCTOBER 2019
Served at 11:30 am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Spaghetti with Meat Sauce Green Beans *CA Mixed Vegetables +Honeydew Breadstick	3 Chicken Enchilada Casserole Refried Beans Green Salad *Carrot Coins +Orange Slices	4
7 Hot Dog BBQ Beans +Coleslaw with Bell Peppers *Apricot Halves	8	9 Beef Lasagna Green Salad *Peas and Carrots +Orange Slices Breadstick	10 Curried Chicken Salad Whole Wheat Roll with Margarine +Cantaloupe	11
14 Mushroom Chicken Brown Rice *Sautéed Spinach Green Beans *Honeydew	15	16 Oven Fried Chicken +Red Potatoes Garden Salad Applesauce Whole Wheat Roll with Margarine	17 Green Chili Egg Puff +Coleslaw with Red Peppers *Cantaloupe Tortilla Seasonal Fresh Fruit	18
21 Chicken Strips Corn Green Peas +Mandarin Oranges	22	23 Chili Beans *Mixed Vegetables Romaine Salad +Cantaloupe Slices Corn Bread with Margarine	24 Beef Stew *Spinach Salad with Kidney Beans +Mandarin Oranges Whole Wheat Roll with Margarine	25
28 Italian Sausage Bake Romaine Salad Green Beans +Cantaloupe Garlic Bread	29	30 Beef Macaroni Casserole Green Beans +CA Mixed Vegetables *Orange Slices	31 Tuna Salad Sandwich Green Salad Tomato/Cucumber Salad +Orange Juice	NOTE: ☼=Meal >1000 Mg sodium +=good source of Vitamin C *=good source of Vitamin A 1% milk offered at all meals Meals Subject to change

FOR RESERVATIONS Call 1-day in advance: Modesto Senior Center 480-4337