


Lowell Senior Neighbors Senior Dining Center

Monday	Tuesday	Wednesday	Thursday	Friday
10/1/2018 Breaded Pork Chop Garlic Mashed Red Potatoes Italian Blend Vegetables Fresh Apple	10/2/2018 Crumb Baked Salmon Roasted Red Potatoes Seasoned Green Beans Dinner Roll Fruited Jello	10/3/2018 Chicken Patty Potato Wedges Coleslaw Banana	10/4/2018 Tacos Fiesta Corn Refried Beans  National Taco Day	10/5/2018 Spaghetti & Meatballs Broccoli Caesar Salad Garlic Toast Fruit
10/8/2018 BBQ Chicken Thigh Au gratin Potatoes Seasoned Green Beans Dinner Roll Applesauce Cup	10/9/2018 Sloppy Jo Tater Tots Coleslaw Fresh Orange	10/10/2018 Baked Potato Bar Chili Tossed Salad Homemade Muffin Banana	10/11/2018 Turkey Meatloaf Garlic Mashed Red Potatoes Glazed Carrots Dinner Roll Fruited Jello w/ Whipped Topping	10/12/2018 Roast Beef w/ Gravy Sweet Potatoes Brussel Sprouts Dinner Roll Fruit
10/15/2018 Tuna Noodle Casserole Corn Broccoli Homemade Applesauce	10/16/2018 Pulled BBQ Chicken Roasted Red Potatoes Peas Fresh Apple	10/17/2018 Baked Pollock Baked Beans Baby Carrots Dinner Roll Banana	10/18/2018 Homemade Oven Fried Chicken Homemade Mac & Cheese Southern Green Beans Coleslaw Fresh Orange	10/19/2018 Roast Pork w/ Gravy Baked Sweet Potato Broccoli Sweet Corn Muffin Fruit
10/22/2018 Hamburger Baked Beans Coleslaw Fresh Apple	10/23/2018 Lasagna Cauliflower Caesar Salad Texas Toast Fresh Orange	10/24/2018 Cheese Pizza Broccoli Tossed Salad Banana	10/25/2018 Smothered Pork Cutlet Baked Potato Green Beans Dinner Roll Ambrosia	10/26/2018 Mushroom Chicken Stuffing Corn Brussel Sprouts Fruit
10/29/2018 100% Beef Hot Dog Potato Salad Marinated Vegetables Fresh Apple	10/30/2018 Liver & Onions or Salisbury Steak Mashed Potatoes Tossed Salad Dinner Roll Fresh Orange	10/31/2018 Cheese Quesadilla Witches Stew Crackers Tossed Salad 