


# Power Tower Cafe Senior Dining Center

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