

## OCTOBER 2021 *Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LOCATIONS &amp; HOURS</b>				
<b>Low Center Hours (LC)</b> Lunch** (Provided by SNS*) 11:30 a.m. - 1:30 p.m. (weekdays) Take Out ONLY – NO Dine-in		<b>Front Street Crossing (FSC)</b> Lunch** (Provided by SNS*) 11:30 a.m. - 1:30 p.m. (weekdays) Take Out ONLY – NO Dine-in		<b>1</b>
<h3 style="margin: 0;">Bring a Friend Over in October</h3> <p style="margin: 5px 0;">During October, if you bring in someone new for lunch, both of you will be entered in for a chance at a prize.</p>			<b>Main Entrée*</b> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Whole Wheat Bread Grape Juice  <b>Café Entrée</b> Egg Salad Sandwich  <b>Café Fresh Salad</b> Crispy Chicken Salad	
<b>4</b>  <b>Main Entrée*</b> Sweet & Sour Pork Rice Oriental Blend Vegetables w/ Spinach & Peppers Pineapple  <b>Café Entrée</b> Muffuletta  <b>Café Fresh Salad</b> B.L.T. Salad	<b>5</b>  <b>Main Entrée*</b> Oven Fried Chicken Sweet Potato Mixed Vegetables Cornbread Fruit Crisp  <b>Café Entrée</b> Dilly Turkey Melt  <b>Café Fresh Salad</b> Italian Salad	<b>6</b>  <b>Main Entrée*</b> Meatloaf Mashed Potatoes Steamed Green Beans Whole Wheat Roll Peaches  <b>Café Entrée</b> Reuben  <b>Café Fresh Salad</b> Flatbread Salad	<b>7</b>  <b>Main Entrée*</b> Turkey Chili w/ Beans, Onions & Tomatoes Three Bean Salad Corn / Crackers Fruited Jello  <b>Café Entrée</b> Beef and Mushroom Melt  <b>Café Fresh Salad</b> Grilled Chicken Salad	<b>8</b>  <b>Main Entrée*</b> Chicken Parmesan Side of Pasta w/ Marinara Italian Blend Vegetables Breadstick Fruit Cocktail  <b>Café Entrée</b> Polish Sausage  <b>Café Fresh Salad</b> Roast Beef Salad
<b>11</b>  <b>Main Entrée*</b> Sloppy Joe Baked Beans Carrots Bun Mandarin Oranges  <b>Café Entrée</b> B.L.T. Wrap  <b>Café Fresh Salad</b> Chicken Taco Salad	<b>12</b>  <b>Main Entrée*</b> Taco Casserole Side Salad Santa Fe Blend Vegetables Cornbread Fruited Jello  <b>Café Entrée</b> Basil Tomato Grilled Cheese  <b>Café Fresh Salad</b> House Salad	<b>13</b>  <b>Main Entrée*</b> Beef Stew w/ Celery, Onions, Potatoes & Carrots Steamed Spinach Roll Apple Crisp  <b>Café Entrée</b> Bacon Cheeseburger  <b>Café Fresh Salad</b> Turkey Craisins Salad	<b>14</b>  <b>Main Entrée*</b> Chicken à la King over Rice Green Beans Side Salad Fruited Yogurt  <b>Café Entrée</b> Tuna Salad Sandwich  <b>Café Fresh Salad</b> Buffalo Chicken Salad	<b>15</b>  <b>Main Entrée*</b> Crispy Fish Confetti Rice Baked Zucchini Casserole Biscuit Pineapple  <b>Café Entrée</b> Grilled Cheese  <b>Café Fresh Salad</b> Cattleman's Salad
<b>18</b>  <b>Main Entrée*</b> Philly Steak Sandwich w/ Cheese, Peppers & Onions Potatoes / Carrots Whole Wheat Bun Craisins  <b>Café Entrée</b> Chicken Parm Sandwich  <b>Café Fresh Salad</b> House Salad	<b>19</b>  <b>Main Entrée*</b> Lasagna w/ Marinara Italian Blend Vegetables Side Salad Breadstick Mandarin Oranges  <b>Café Entrée</b> Crab Cake Sandwich  <b>Café Fresh Salad</b> Custom Salad	<b>20</b>  <b>Main Entrée*</b> BBQ Pulled Pork Coleslaw Key West Blend Vegetables Bun Warm Cinnamon Apples  <b>Café Entrée</b> Gyro  <b>Café Fresh Salad</b> Italian Salad	<b>21</b>  <b>Main Entrée*</b> Chicken & Rice Bake w/ Onions, Mushrooms & Red Peppers Green Beans Cauliflower Roll  <b>Café Entrée</b> Meatball Sub  <b>Café Fresh Salad</b> Flatbread Salad	<b>22</b>  <b>Main Entrée*</b> Beef Stroganoff over Noodles Steamed Broccoli Peas Citrus Mix Birthday Cake  <b>Café Entrée</b> Pulled Pork  <b>Café Fresh Salad</b> Roast Beef Salad
<b>25</b>  <b>Main Entrée*</b> Pork Chop Baked Potato Three Bean Salad Whole Wheat Roll Mandarin Oranges  <b>Café Entrée</b> B.L.T.  <b>Café Fresh Salad</b> Grilled Chicken Salad	<b>26</b>  <b>Main Entrée*</b> Lemon Pepper Polack Rice Creamed Corn Vanilla Pudding Apple  <b>Café Entrée</b> Meatloaf Sandwich  <b>Café Fresh Salad</b> Chicken Taco Salad	<b>27</b>  <b>Main Entrée*</b> Bratwurst on Bun Capri Blend Vegetables Roasted Potatoes Bun Mixed Fruit  <b>Café Entrée</b> Italian Melt  <b>Café Fresh Salad</b> B.L.T. Salad	<b>28</b>  <b>Main Entrée*</b> Italian Chicken Quarter Mashed Potatoes Italian Blend Vegetables Apple Broccoli Salad Roll  <b>Café Entrée</b> Mushroom Swiss Burger  <b>Café Fresh Salad</b> House Salad	<b>29</b>  <b>Main Entrée*</b> Spaghetti w/ Meatballs Side Salad Carrots Strawberry Applesauce Roll / Cookie  <b>Café Entrée</b> Bratwurst  <b>Café Fresh Salad</b> Buffalo Chicken Salad

*Menu is subject to change without notice.*  
*\*\*Daily vegetarian lunch option available.*  
*Please see cashier first.*



Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA and Senior Nutrition Services dba Meals on Wheels of Southwest Michigan.