

OCTOBER 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS				
Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)	1	2	3	4
Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)	Main Entrée* Rosemary Garlic Pork Chop Redskin Mashed Potatoes Corn / Pork Gravy Choice of Bread Fruit	Main Entrée* Catch of the Day Rosemary Redskin Potatoes Broccoli Choice of Bread Homemade Cookie	Main Entrée* Beef Shepherd's Pie Mashed Potatoes Mixed Vegetables Choice of Bread Cake	Main Entrée* Baked Spaghetti Italian Blend Vegetables Breadstick Fruit
	Café Entrée Grilled Cheese Café Fresh Salad Buffalo Chicken Salad	Café Entrée Chicken Tenders Café Fresh Salad Cheryl's Choice	Café Entrée Chili & Cornbread Café Fresh Salad Gyro Salad	Café Entrée Polish Sausage Café Fresh Salad COA Salad
	7	8	9	10
Main Entrée* Grilled Cheese Sandwich Tomato Soup w/ Crackers Chef's Choice Vegetable Fruit Café Entrée Potato Skins Café Fresh Salad Caesar Salad	Main Entrée* Salisbury Steak Baked Potato w/ Sour Cream Broccoli Whole Grain Roll Applesauce Café Entrée Grilled Ham & Cheese Café Fresh Salad Harvest Vegetable Salad	Main Entrée* Parmesan Chicken Noodles Italian Vegetables Garlic Bread Fruit Café Entrée Marty Special Café Fresh Salad Fruit Salad	Main Entrée* Turkey à la King Biscuit Mixed Vegetables Choice of Bread Jello Café Entrée Tamales Café Fresh Salad Chef's Choice	Main Entrée* Soft Shell Beef Tacos w/ Lettuce / Tomato / Sour Cream Refried Beans Mexican Rice Fruit Café Entrée Rueben Café Fresh Salad Tuna Salad
	14	15	16	17
Main Entrée* Roast Beef Baked Potato Peas & Pearl Onions Choice of Bread Brownie Café Entrée Rattlesnake Pasta Café Fresh Salad Custom Salad	Main Entrée* Chicken Alfredo w/ Fettucine Noodles Capri Blend Vegetables Breadstick Pears Café Entrée Sonoran Hot Dog Café Fresh Salad Cheryl's Choice	Main Entrée* Cinnamon French Toast w/ Maple Syrup Turkey Sausage Egg Patty Banana Café Entrée BLT Café Fresh Salad Crispy Chicken Salad	Main Entrée* Tuna Noodle Casserole w/ Penne Pasta Carrots Choice of Bread Apple Pie Café Entrée Cowboy Burger Café Fresh Salad Club Salad	Main Entrée* Baked Ham Maple Sweet Potatoes Green Beans Choice of Bread Fruit Café Entrée Meatloaf Café Fresh Salad Cobb Salad
	21	22	23	24
Main Entrée* Pork Chop w/ Gravy Mashed Potatoes Green Beans Choice of Bread Apple Crisp Café Entrée Fish Tacos Café Fresh Salad Cottage Cheese w/ Fruit	Main Entrée* Lasagna California Vegetables Italian Breadstick Fruit Café Entrée Loaded Baked Potatoes Café Fresh Salad Chef's Choice	Main Entrée* Bratwurst on a Bun Baked Beans Corn Choice of Bread Pudding Café Entrée Chicken Stir-Fry Café Fresh Salad Taco Salad	Main Entrée* Chicken à la King Tossed Salad w/ Choice of Dressing Biscuit Blueberry Crisp Café Entrée Breakfast Special Café Fresh Salad BLT Salad	Main Entrée* Goulash w/ Elbow Noodles Italian Blend Vegetables Choice of Bread Fruit Café Entrée Tuna Melt Café Fresh Salad Cheryl's Choice
	28	29	30	31
Main Entrée* Sweet & Sour Chicken Fried Rice Oriental Vegetables Fortune Cookie Café Entrée Gyro Café Fresh Salad Beef Taco Salad	Main Entrée* Baked Penne w/ Sausage Italian Vegetables Garlic Breadstick Cake Café Entrée Tandoori Chicken Café Fresh Salad Club Salad	Main Entrée* Chicken Fajitas Mexican Rice Garlic Beans Rice Pudding Café Entrée French Dip Café Fresh Salad Buffalo Chicken Salad	Halloween Meal Main Entrée* Grilled Werewolf Paw Toadstool Gravy Mashed Mummies Black Lagoon Greens Ghost & Goblin Parfait Café Entrée Roadkill Pizza Café Fresh Salad Harvest Vegetable Salad	OTHER LOCATIONS <u>Chestnut Towers Apartments</u> Meals* served daily by reservation only Call the COA for more information.

Menu is subject to change without notice.

**Daily vegetarian lunch option available upon request.



Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA. (Suggested Donation per Meal: \$4.00)