

OCTOBER 2024: LUNCHEON MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8 oz. Minestrone Soup/ Crackers 3 oz. BBQ Chicken Leg ½ c. Mashed or Red Skin Potatoes ½ c. Green Peas and Carrots 1.4 oz. Roll ½ c. Mandarin Oranges	2 8 oz. Spaghetti /3oz Pork Sausage 2 oz. Tomato Sauce/Parm. cheese 1 c. Tossed Salad/Tomato, 1 pack Italian Dressing ½ c. Capri Blend Vegetables 1.1 oz. Dinner Roll	3 8 oz. Beef Barley Soup/Crackers 3 oz. Tuna Salad on Lettuce Leaf w/ Sliced Tomato ½ c. Macaroni Salad ½ c. 3 Bean Salad, 1 slice Wheat Bread 1 Pear or ½ c. Canned Pears	4 3 oz. Hot Roast Beef Sandwich 2 oz. Gravy ½ c. Garlic Mashed Potatoes ½ c. Brussels Sprouts, Dinner Roll ½ c. Vanilla Ice Cream or ½ c. Applesauce
7 3 oz. Roast Pork 2 oz. Gravy ½ c. Sweet Potato & Apples ½ c. Harvard Beets 1 Slice Whole Wheat Bread ½ c. Rice Pudding	8 3 oz. Beef Pepper Steak /Pepper/Onion ½ c. Brown Rice ½ c. Oriental Mix (broc., carrots, corn, gr. beans, onion, snap peas, bamboo shoot, pepper) 1.1 oz. Dinner Roll, Oranges	9 ALL SITES CLOSED SENIOR HEALTH FAIR	10 8 oz. Cream of Broccoli Soup/ Crackers Chicken Caesar Salad 1 c. Romaine Mix/3 oz. chicken ½ c. Pasta Salad/Parmesan Cheese 1 pack Italian Dressing/Croutons, Dinner Roll & Oatmeal cookies	11 ALL SITES CLOSED
14 ALL SITES CLOSED	15 6 oz. Vegetable Soup/Crackers 3 oz. Beef Swedish Meatballs 2 oz. Gravy ½ c. Buttered Noodles, ½ c. Broccoli 1 slice Wheat Bread Banana	16 3 oz. Riblet, 2oz. BBQ Sauce Sautéed Onions ½ c. Buttered Corn ½ c. Green Beans 1.4 oz. Roll ½ c. Mandarin Orange	17 8 oz Lentil Soup/Crackers 4 oz. Chicken Salad Sandwich Lettuce and Tomato ½ c Carrot Raisin Salad ½ c Fruited Jello	18 3 oz Roasted Turkey 2oz Gravy ½ c. Bread Stuffing ½ c. Glazed Carrots 1 slice Whole Wheat Bread ½ c. Tropical Fruit Salad
21 3 oz. low sodium Beef Hot Dog 2 oz. Sauerkraut ½ c. Baked Beans ½ c. Zucchini carrot mix 1.4 oz. Hot Dog Roll ½ c. Canned Peaches	22 6 oz. Sweet and Sour Chicken w/ peppers and onions ½ c. Brown Rice ½ c. Japanese Vegetables 1.1 oz. Roll ½ c. Vanilla Pudding	23 8oz Chicken Rice Soup/ Crackers ½ c. Tuna Salad ½ c. Potato Salad, ½ c. Cucumber Salad 1 slice Wheat Bread Fresh Orange	24 3 oz. Beef Meatballs ½ c. Cheese Ziti, 2 oz. Marinara Sauce ½ c. Green Beans Parmesan Cheese 2 oz. Hoagie Roll ½ c. Pears	25 Chef's Salad/Tomato and 3 oz. Ham, Turkey, Egg and Cheese ½ c. Pasta Salad/Parmesan Cheese 2 T. French Dressing, 1 slice Wheat Bread ½ c. Pineapple
28 8 oz. Tomato Soup/ Crackers 3 oz. Beef Meatloaf 2 oz. Gravy ½ c. Mashed Potatoes ½ c. Beets 1 slice Wheat Bread Brownie	29 3 oz. Chicken Cheese Steak Fried Onions 1.6 oz. Hoagie Roll ½ c. Home Fried Potatoes ½ c. Succotash (corn/lima beans) Banana	30 8 oz. Pea Soup 3 oz. Breaded Fish/ Tartar/Cocktail Sauce ½ c. Macaroni and Cheese ½ c. Stewed Tomato/Zucchini 1 slice Wheat Bread Birthday Cake	31 Turkey Hoagie (3 oz. Meat/Cheese, Hoagie Roll) ½ c. Lettuce and Tomato ½ c. Potato Salad 1 packet Mayonnaise Apple	*Unless otherwise noted, all lunches will be served with 8oz 2% milk *Menu is subject to change

OCTOBER 2024: SOCIAL CALENDAR LAKELAND

Subject to
Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9-10am Flu Vaccines Available 10am ShopRite 12:00pm Lunch 12:30pm Dollar Store	2 9-10am Flu Vaccines Available 10am ShopRite 12:00pm Lunch 12:30pm POKENO with LouLou & Mike R	3 10am Walmart 12:00pm Lunch 12:30pm Line Dancing with CANDY!	4 10am Red, White & Blue Thrift 12:00pm Lunch 12:30pm Exercise with Shannon
7 10am Walmart 12:00pm Lunch 12:30pm Aversa's	8 10am Boscov's 12:00pm Lunch 12:30pm Yoga with Jennie	9 SENIOR HEALTH FAIR ALL congregate nutrition sites are CLOSED	10 10am Ocean State Job Lot 12:00pm Lunch 12:30pm Prize BINGO with Mike R	11 CENTER CLOSED
14 ALL SITES CLOSED in observance of Columbus Day/ Indigenous Peoples' Day	15 10am Ross/Burlington Coat 12:00pm Lunch 12:30pm CRAFT FLOOR special \$5	16 10am Boscov's 12:00pm Lunch 12:30pm Exercise with Shannon	17 10am Amish Market 12:00pm Lunch 12:30pm BINGO with MR & JH	18 10am Amish Market 12:00pm Lunch 12:30pm BINGO with MR & JH
21 10am Big Lots, Lidl 12:00pm Lunch 12:30pm POKENO with LS, MR	22 10:30am Exercise with Shannon 11:45am Lunch 12:15pm ShopRite	23 10am Verchio's & Kreamies 12:00pm Lunch 12:30pm Pokeno with LS & MR	24 10am Aldi, Dollar Store 12:00pm Lunch 12:30pm Pokeno with LS & MR	25 10am Rastelli's Market 12:00pm Lunch 12:30pm CRAFT FLOOR special \$5
28 10am Acme 12:00pm Lunch 12:30pm BINGO with Mike & Jen	29 10am Verchio's, Kreamies 12:00pm Lunch 12:30pm BINGO with MR	30 10am Walmart 12:00pm Lunch/Halloween Party 12:30pm Line Dancing with Candy!	31 10am Red, White & Blue Thrift 12:00pm Lunch/ Halloween Party	