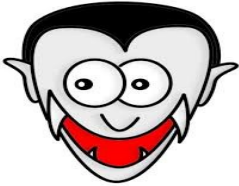


## Defiance County Senior Services

# October Menu 2017

Questions regarding your meal delivery? Please call Ginny at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
2 spaghetti and meat sauce Italian blend vegetables bosco stick hot peaches	3 turkey & gravy sweet potatoes broccoli cranberry sauce with mandarin oranges whole wheat roll	4 roast beef sandwich tomato soup apple juice pears  (salad bar in the café)	5 meatloaf mashed potatoes coleslaw tropical fruit whole wheat roll	6 chicken & gravy diced potatoes maui blend vegetables apple slices garlic bread birthday cake ncs - angel food cake
9 <b>Defiance County Senior Services will be closed for Columbus Day</b>	10 cheeseburger steak fries broccoli raisins	11 vegetable beef soup ambrosia salad crackers biscuit grape juice  (salad bar in the café)	12 pork chop with gravy mashed winter squash winter blend vegetables applesauce whole wheat roll	13 parmesan chicken breast brussels sprouts potatoes au gratin pineapple tidbits whole wheat roll cookie ncs - sugar free cookie
16 sausage gravy over a biscuit alt- turkey sausage gravy hash brown bake mandarin oranges low sodium v-8 juice	17 goulash venetian blend vegetables tossed salad hot pears whole wheat roll brownie ncs= sf cookie	18 baked potato with broccoli, cheese and turkey bacon bits cauliflower cornbread banana (salad bar in the café)	19 bbq chicken breast carrots green bean casserole whole wheat roll apricots	20 ham in apple juice sauce alt- hamburger patty mashed potatoes brussels sprouts spicy fruit cup whole wheat roll
23 hot chicken sandwich european blend vegetables orange juice fruit cocktail	24 hamburger gravy over mashed potatoes key west blend vegetables apricots blueberry muffin	25 turkey and cheese macaroni buttered cabbage tropical fruit apple bosco stick  (salad bar in the café)	26 pork roast with gravy cauliflower scalloped potatoes orange pineapple gelatin whole wheat roll	27 sloppy joe sandwich peas & onions tater tots prunes Halloween cookie ncs- sugar free cookie
30 beef stew over a biscuit broccoli hot crumb topped peaches	31 chicken and noodles french green beans harvard beets frosted fruit whole wheat roll	 <p>Join Us For <b>A Bite!!</b></p>	our rolls and breads are whole wheat unless specified otherwise. The buns are generally white bread	"nsc" means that we can provide a dessert with no concentrated sweets added. "SF" means sugar free. To access ingredients, please contact Delinda at 419-783-4813