

# OCTOBER | 2019

**Defiance County Senior Services 419 782-3321**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<b>1</b> Beef Tips Buttered Noodles Peas and Pearl Onions Stewed Tomatoes Apple Juice Wheat Bread	<b>2</b> Chicken and Dumpling Soup Cole Slaw 3-Bean Salad Banana Salad Bar in Cafe	<b>3</b> Baked Fish Au gratin Potatoes Corn Peaches Dinner Roll	<b>4</b> Baked Ham Alt: Baked Chicken Garlic Mashed Potatoes Winter Blend Fruit Cocktail Whole Wheat Bread Birthday Cake
<b>7</b> Creamed Chicken Sandwich Sweet Potato Fries Cauliflower Tropical Fruit	<b>8</b> Country Fried Steak Ranch Diced Potatoes Broccoli Mixed Fruit Dinner Roll	<b>9</b> Ham and Bean Soup LS/Alt Bean Soup no Ham Carrot Raisin Salad Cinnamon Applesauce Cornbread Salad Bar in Cafe	<b>10</b> Goulash Green Beans Harvard Beets Orange Juice Garlic Bread	<b>11</b> Salisbury Steak Mashed Potatoes Glazed Carrots Pears Wheat Bread
<b>14</b> <b>Closed</b> For <b>Columbus Day</b>	<b>15</b> Sloppy Joe Baked Beans Brussel Sprouts Pineapple	<b>16</b> Beef Vegetable Soup Tossed Salad Fresh Apple Bosco Stick Salad Bar in Cafe	<b>17</b> Chicken Strips Oven Fries Succotash Grape Juice Blueberry Muffin	<b>18</b> BBQ Ribs Red Skin Potatoes Green Bean Casserole Mandarin Oranges Whole Wheat Bread
<b>21</b> Pulled Pork Sandwich Ranch Diced Potatoes Vegetable Blend Raisins	<b>22</b> Baked Chicken Sweet Potato Casserole Tossed Salad Blueberry Crisp Whole Wheat Bread	<b>23</b> Potato Soup Cole Slaw Cottage Cheese Peaches and Pears Salad Bar in Cafe	<b>24</b> Swedish Meatballs Over Noodles Broccoli Carrots Baked Apples Dinner Roll	<b>25</b> Meatloaf Cheesy Mashed Potatoes Parmesan Spinach Ambrosia Salad Whole Wheat Bread
<b>28</b> Grilled Chicken Sandwich Broccoli Normandy Oven Fries Orange Sections	<b>29</b> Pork Chop Scalloped Potatoes Mixed Vegetables Applesauce Whole Wheat Bread	<b>30</b> Chili Peanut Butter and Jelly Sandwich Tossed Salad Apple Salad Bar in Cafe	<b>31</b> Parmesan Chicken Cauliflower Peas and Mushrooms Tropical Fruit Garlic Bread	

## News

**Home delivered meals must be consumed within 30 minutes of delivery, or refrigerated and reheated at 350 for 15 minutes**

**To cancel a meal, or inquire about ingredients please call Ginny**

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