

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU OCTOBER 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Oktoberfest Beef Rouladen With Stuffing Mashed Potatoes Gravy Sauerkraut Bread/Butter German Choc Cake Alt. Plain Cake	2 Baked Ham Sweet Potatoes Broccoli Florets Dinner Roll w/ butter Cherry Gelatin Alt. Diet Gelatin	3 Italian Meatloaf Baked Potato Sour Cream/Butter Vegetable Blend Bread/Butter Peach Cobbler Alt. Diet cookie
6	7	8	9	10
Chicken Alfredo w/ Broccoli Alfredo Linguine Spinach Salad w/dressing Garlic Bread Ice Cream Alt. Diet Cookie	Hamburger on a bun w/ mustard and ketchup Potato Salad Coleslaw Lemon Bar Alt. Vanilla Wafers	Lemon Chicken Rotini noodle w/ Sauce Crinkle Cut Carrots Dinner Roll / Butter Mandarin Oranges Dessert Bar Alt. Diet Cookie	Roast Pork w/ gravy Rice Pilaf California Blend Veg Bread w/ butter Fresh Cut Melon Chocolate Pudding Alt. Diet Pudding	Hot Turkey and Gravy Mashed Potatoes and gravy Whole Kernel Corn Bread/Butter Frosted Yellow Cake Alt. Fresh Fruit
13	14	15	16	17
Baked Ham Scalloped Potatoes 5-way Mixed Vegetable Seven Grain Bread Butter Cinnamon Applesauce	Tuna Salad Sandwich on Croissant w/ Mustard Lettuce Leaf / Tomato Three Bean Salad Peach Half Sugar Cookie Alt. Plain Cookie	Jumbo Hot Dog on Bun ketchup/mustard Baked Beans Potato Salad Fresh Apple Cherry Pie Alt. Lorna Doone	Chili w/ cheese & onions Saltine Crackers Romaine Tossed Salad w/ Dressing Biscuit w/Butter Peaches Peanut Butter Bar Alt. Angel Food Cake	Pork Stir Fry over Brown Rice Soy Sauce Oriental Vegetables Dinner Roll w/Butter Pineapple Frosted White Cake Alt. Plain Cake
20	21	22	23	24
Cabbage Roll Noodles w/ butter Green & Wax Beans Bread w/ butter Pear Halves Rice Krispies Treat Alt. Applesauce	Chicken Breast in Mushroom Sauce Baby Red Potatoes Winter Blend Vegetables Dinner Roll/Butter Chocolate Mousse Alt. Diet Pudding	Roast Pork w/ gravy Mashed Potatoes w/ gravy Sweet & Sour Red Cabbage Applesauce Marble Rye Bread Apple Strudel	Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Grapes Sweet Cornbread Muffin Alt. Lorna Doone	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Diet Cookie
27	28	29	30	31
Roast Beef Mashed Potatoes Gravy Broccoli Salad Dinner roll/Butter Chocolate Chip Cookie Alt. Diet Pudding	Whole Wheat Spaghetti with Meat sauce Italian Green Beans Breadstick/Butter Tropical Fruit Pound Cake Alt. Angel Food Cake	Ring Bologna Ketchup/Mustard Parsley Boiled Potatoes/Butter Baked Beans Bread/Butter Gelatin Fluff Alt. Diet Gelatin	Garlic and Herb Chicken Breast Mashed Sweet Potatoes Green Peas Bread/Butter Fresh Fruit	HALLOWEEN Goblin Grape Juice Spooky Sloppy Joes on Booish Bun Pirate Pasta Salad Creepy Carrot Coins Trick or Treat Pumpkin Bars

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Hamburger on a bun w/ mustard and ketchup Potato Salad Coleslaw Brownie Alt. Diet Cookie	ELECTION DAY BBQ Chicken Baby Red Potatoes/Butter Broccoli Bread/Butter Coconut Cream Pie Alt. Diet Pudding	Italian Meatloaf Baked Sweet Potato w/ Butter Marinated Vegetable Salad Bread/Butter Peanut Butter Bar Alt. Vanilla Wafers	Swedish Meatballs in Gravy Egg Noodles w/ gravy Green Peas & Carrots Italian Bread/Butter Frosted Spice Cake Alt. Plain Cake	Baked Cod Tartar Sauce Au gratin Potatoes Creamy Cucumbers Rye Bread/butter Lemon Pudding Alt. Diet Pudding
10	11	12	13	14
Swiss Steak w/ diced tomato sauce Egg Noodles California Blend Vegetables Bread/butter Frosted Spice Cake Alt. Plain Cake	VETERANS DAY Roast Beef and gravy Baked potato w/ butter and sour cream Broccoli salad Fresh fruit Brownie 	Pork Cutlet Brown Rice w/ sauce Cooked Spinach Dinner Roll w/ butter Apple, Cranberry, Orange Compote	Vegetable Lasagna Tossed Salad Italian Dressing Italian Bread/Butter Pears Lime Seafoam Gelatin Alt. Diet Gelatin	BBQ Pork on Bun Hashbrown Casserole Creamy Coleslaw Cantaloupe Ice Cream Alt. Diet Pudding

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE