MENU - OCTOBER 2018

AMARGOSA SENIOR CENTER

443 Desert Senior Lane - Amargosa Valley, NV 89020 775-372-5413

Congregate DINNER Served Mon-Thu 4:30 PM to 5:30 PM ***Congregate BREAKFAST Served: FRI 9:00 AM TO 10:00 AM***

ADSD APPROVED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
# 109 OCT 1	**# 29 OCT 2**	**OCT 3**	**OCT 4**	**OCT 5**
Oven Fried Chicken Baked Butternut Squash Steamed Peas and Carrots Garden Salad w/Honey Dressing Orange Mango Cup CW Bread Smart Balance Unsalted	Shepards Pie Fresh Spinach Garden Salad w/LS Italian Dress Apricot Bran Muffin Banana	BBQ Pork Ribs Scallop Potatoes Baked Beans WW Bread Apples	Lasagna Spinach Garden Salad w/LSLF Italian Dressing Garlic Bread Fresh Orange	***BREAKFAST*** Biscuits and Gravy Scrambled Eggs w/ LS Sausage Oatmeal Yogurt w/Strawberries&Bananas Orange Juice
#161 OCT 08	**#13 OCT 09**	**#39 OCT 10**	**#46 OCT 11**	**OCT 12**
Lemon Baked Fish Cracked Wheat Bread Green Peas/Brn. Long Grain Ric Tossed Salad/W LF Creamy Italian Dressing Grapes	Turkey Chili Cornbread Mixed Green Salad LSLF Italian Dressing Ambosia	Spaghetti in Meat Sauce Zucchini Colorful Saladw/FF Italian Dress 7 Grain Bread Smart Balance Unsalted Orange Mango Cup	Salisbury Steak Mashed Potatoes Green Bean Casserole 3 Bean Salad Frosted Cherry Desert	***BREAKFAST*** ww Waffles w/Strawberries Scrambled Eggs w/Grn Peppers Low Sodium Bacon Fruit in Season Orange Juice
#128 OCT 15	**#108 OCT 16**	**OCT 17**	**#1 OCT 18**	**OCT 19**
Chicken Noodle Soup French Bread Pizza Colorful Salad Yogurt Pop Orange Juice	Beef Stroganoff & Noodles Baked Acorn Squash Orange Spinach Salad WW Bread Plums	Baked Pork Chops Twice Baked Potato Steamed Broccoli Applesauce Lentil Soup Cookie	BBQ Chicken Sour Cream Potato Salad Steamed Spinach Carrots and Peas 7 Grain Bread Fresh Banana	***BREAKFAST*** Biscuits and Gravy Scrambled Eggs w/onions & GP LS Sausage Oatmeal Yogurt w/Strawberries&Bananas
#37 OCT 22	**#9 OCT 23**	**#3 OCT 24**	**#62 OCT 25**	**OCT 26**
Chili Cheese Baked Potato Steamed Carrots WW Banana Muffin FF Blueberry Yogurt Orange/Banana Juice	Sweet Italain Sausage w/ Red Peppers and Onions WW Cooked Elbow Macaroni Steamed Broccoli Mixed Grn. Salad/LS Italian Dres Fresh Banana	Baked Meatloaf Mashed Potatoes Steamed Spinach Green Beans 100% WW Bread Chantilly Fruit Cup	Macaroni and Cheese Steamed Spinach French Baked Potato Strawberry/Banana Yogurt Pop Orange Juice	**CLOSED** **NEVADA DAY**
#46 OCT 29	**#83 OCT 30**	**OCT 31**	**MENU SUBJECT TO CHANGE**	**A $3.00 Donation for Seniors Over 60 Years of Age Is Suggested**
Lasagna Chopped Spinach Garlic Bread Garden Salad with LFLS Italian Dressing Fresh Orange	Turkey Pot Pie Mixed Green Salad FF Creamy Italian Dressing 3 Bean salad 7 Grain Bread Orange Mango Cup	Swedish Meatballs Egg Noodles Steamed Broccoli Peaches/Fresh Bananas	**1 % Milk, Tea and Lemonade Served Daily** **Salad $1.00 if Not on Menu**	**A $6.00 Fee is Required For Non Seniors!**