



# OCTOBER 2020 MENU

Mon.		Tue.		Wed.		Thu.		Fri.	
 <p>Due to temporary closure. The Guadalupe Senior Center will provide curbside and takeout meals to registered participants between 11:30 am thru 12:30 pm Mon. – Fri. except holidays.</p>				<p>1</p> <p>Pork chops, Italian veggies, baked potato, whole wheat roll, oatmeal cookie, fresh fruit, margarine Milk</p>		<p>2</p> <p>Beef red chili, spinach w/ onions, homemade pinto beans, corn tortilla, mandarin oranges Milk</p>			
<p>5</p> <p>Grilled chicken chef salad w/ cheese &amp; boiled egg, tomatoes, carrots, cucumber, croutons, apricot fruit salad, ranch Milk</p>		<p>6</p> <p>Homemade chili beans w/ ground turkey, green salad, Normandy blend veggies, corn bread, margarine, pears Milk</p>		<p>7</p> <p>Pork roast w/ gravy, baked potato, Italian mixed veggies, whole wheat roll, sour cream, peaches Milk</p>		<p>8</p> <p>Cheese burger on a whole wheat bun, oriental veggies, red potato salad, mayo, mustard, mandarin oranges Milk</p>		<p>9</p> 	
<p>12</p> <p>Tuna salad sandwich on whole wheat bread, lettuce, sliced tomato, sliced onion, carrots &amp; celery, ranch, mayo, honeydew, Milk</p>		<p>13</p> <p>Homemade pork pozole, onions, radishes, cilantro, cabbage, whole wheat bolillo roll, baked apples, salsa LS V8 juice Milk</p>		<p>14</p> <p>Homemade beef lasagna, green salad, Bermuda veggies, Texas toast, fresh oranges, ranch Milk</p>		<p>15</p> <p>Lemon pepper chicken, asparagus, roasted red potatoes, corn tortilla, pineapples, salsa Milk</p>		<p>16</p> <p>Roasted turkey sub sandwich w/ cheese, lettuce, sliced tomato, sliced onion, carrots &amp; celery sticks, pasta salad, apricot fruit salad Milk</p>	
<p>19</p> <p>BBQ pulled pork sandwich on a whole wheat bun, coleslaw, collard greens, peaches Milk</p>		<p>20</p> <p>Beef stew (caldo) w/ carrots, celery, squash, cabbage, and garbanzo beans, corn tortilla, melon, salsa Milk</p>		<p>21</p> <p>Shrimp ceviche w/ tomatoes, cucumber, red onions, radishes, &amp; avocados, ratatouille, corn tostada, strawberries, salsa Milk</p>		<p>22</p> <p>Country fried steak, mashed potatoes w/ country gravy, sautéed spinach, whole wheat roll, pears Milk</p>		<p>23</p> <p>Zuppa Toscana (pork Italian sausage, potato, kale, &amp; onion soup), green salad, wheat bread stick, mandarin oranges, ranch Milk</p>	
<p>26</p> <p>Shredded beef taco w/ cabbage, onions &amp; cilantro, Bermuda veggies, pinto beans corn tortillas, tropical fruit, salsa Milk</p>		<p>27</p> <p>Chicken tortilla soup w/ beans, corn, onions &amp; peppers, green salad, corn tortilla strips, pineapple, salsa Milk</p>		<p>28</p> <p>Grilled pork polish dog w/ peppers &amp; onions on a whole wheat bun, sautéed cabbage, watermelon, mustard Milk</p>		<p>29</p> <p>Chicken fajitas w/ bell peppers, onions, &amp; cilantro, Caribbean veggies, tortilla, mandarin oranges, salsa Milk</p>		<p>30</p> <p>Homemade beef albondigas w/ carrots, celery, &amp; onion, corn &amp; peppers, rice, corn tortilla, apricot fruit salad Milk</p>	

Funded by: Area Agency on Aging/ Town of Guadalupe