

# October's Menu – Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.

A suggested voluntary contribution of \$4.00 is requested for people age 60+ and spouse of any age.

Those under age 60 are charged \$5.00 per meal. *No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

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| Maya Angelou's words—"Try to be a rainbow in someone else's cloud"<br>Come to one of Broome County's Eight Senior Centers<br>and be someone's Rainbow and let them be yours! |    |                                                                                                  | Halupki<br>OR Marinated Chicken<br>Mashed Potatoes<br>Carrots<br>Pumpkin Pie | 10/1                                                                                              | Pulled Pork<br>OR Beer Battered Fish<br>Four Cheese Mac n Cheese<br>Coleslaw<br>Pears | 2                                                                                     |    |                                                                                                                                     |    |
| Classic Beef Chili<br>Baked Potato<br>Wax Beans<br>Pears                                                                                                                     | 5  | Salisbury Steak<br>OR Shrimp Scampi<br>Brown Rice Pilaf<br>Winter Squash<br>Peaches              | 6                                                                            | Roasted Chicken Thigh<br>Bread Dressing<br>Diced Beets<br>Apple Pie                               | 7                                                                                     | Ham & Swiss on Rye<br>Navy Bean Soup<br>Mandarin Oranges<br>Peanut Butter Cookie      | 8  | Rst Pork w/Cranberry<br>OR Broiled Fish w/Lemon<br>Parmesan Rosemary<br>Potatoes Spinach<br>Apricot Halves                          | 9  |
| Chicken Parmesan<br>Baked Potato<br>Cut Green Beans<br>Chocolate Chip Cookie                                                                                                 | 12 | Grandma's Meatloaf<br>Cheesy Mashed Potatoes<br>Country Blend Vegetables<br>Mandarin Oranges     | 13                                                                           | BBQ Chicken Breast<br>OR Halupki w/Sauce<br>Mashed Potatoes<br>Carrots<br>Pumpkin Streusel        | 14                                                                                    | Lasagna Soup<br>Deluxe Garden Salad<br>Cottage Cheese<br>Pineapple                    | 15 | Sausage Link<br>OR Beer Battered Fish<br>Mashed Potatoes<br>Peas<br>Apple Crisp                                                     | 16 |
| Meatball Parmesan Sub<br>Sausage Florentine Soup<br>Pears<br>Ice Cream Cup                                                                                                   | 19 | Kielbasa<br>OR Herbed Broiled Fish<br>Pierogies w/Onions<br>Cut Green Beans<br>Chocolate Pudding | 20                                                                           | Chicken Salad<br>Croissant<br>Stuffed Pepper Soup<br>Mandarin Oranges<br>Cranberry Oatmeal Cookie | 21                                                                                    | Pub Burger<br>Baked Beans<br>Carrots<br>Strawberry Shortcake                          | 22 | Teriyaki Chicken<br>OR Citrus Broiled Fish<br>Four Cheese Mac n Cheese<br>Stewed Tomatoes<br>Fresh Apple                            | 23 |
| Manicotti<br>Italian Green Beans<br>Cauliflower w/Parsley<br>Banana                                                                                                          | 26 | Honey Ginger Chicken<br>Roasted Potatoes<br>Carrots<br>Applesauce                                | 27                                                                           | Baked Ham<br>OR Broiled Fish w/Lemon<br>Scalloped Potatoes<br>Brussels Sprouts<br>Carrot Cake     | 28                                                                                    | Halupki<br>OR Grandma's Meatloaf<br>Mashed Potatoes<br>Cut Green Beans<br>Sherbet Cup | 29 | Halloween Party!<br>Pulled Chicken<br>OR Beer Battered Fish<br>Cheesy Mashed Potatoes<br>Peas & Carrots<br>Mint Chocolate Cream Pie | 30 |