

# Council on Aging October 2022 HDM Menu

3	4	5	6	7
<b>Steakburger/Cheese on Bun</b> Broccoli Salad Stewed Apples Cookies 2 % Milk	Sliced Ham Green Beans Mashed Sweet Potatoes Canned Fruit Yeast roll w/Marg. 2% Milk	Pinto Beans Okra and Tomatoes Macaroni and Cheese Corn Muffin Orange Slices 2% Milk	Baked Ziti Tossed Salad/Tom. Cukes Carrots Yeast Roll w/Marg. FF Dressing 2% Milk	BBQ Chicken Breast Mashed Potatoes Lima Beans Cupcake Wheat Roll 2% Milk
10	11	12	13	14
Chicken Rice Casserole Buttered Spinach Squash and Zucchini Wheat Roll w/Marg. 2% Milk	Meatloaf w/Gravy Chopped Collards Buttered Macaroni Canned Fruit Yeast Roll w/Marg. Vinegar Pack 2% Milk	Pork Loin w/Gravy Red Bliss Potatoes Stewed Apples Yeast Roll w/Marg. Cookies 2% Milk	Chicken Pot Pie Green Beans Slaw Cupcake 2% Milk	Great Northern Beans w/Ham Steamed Cabbage Corn Muffin Fruit Salad Cookies 2% Milk
17	18	19	20	21
Beef Stew Chopped Spinach Fruit Yogurt Biscuit w/Marg. Vinegar Pack 2% Milk	Chicken Bites w/Gravy Green Beans Sweet Potatoes Cupcake Dinner Roll w/Marg. 2% Milk	Pulled Pork on Bun Slaw Red Bliss Potatoes Warm Stewed Apples 2% Milk	Baked Ziti Corn Tossed Salad Wheat Roll w/Marg. FF Dressing 2% Milk	Asian Chicken Asian Vegetables Rice Sliced Oranges Cookies Margarine 2% Milk
24	25	26	27	28
Salisbury Steak w/Gravy Mashed Potatoes Vegetable Mix w/Carrots Yeast Roll w/Marg. Cookies 2% Milk	Baked Chicken Bites w/Gravy Macaroni and Cheese Carrots Fresh Fruit Margarine 2% Milk	Pork Loin w/Gravy Steamed Cabbage Black Eyed Peas Corn Muffin w/Marg. Orange Slices 2% Milk	Steakburger on Bun/Onions Slaw Baked Beans Warm Canned Fruit 2% Milk	Chicken and Dumplings Baby Limas Stewed Apples Fruit Yogurt Yeast Roll w/Marg. 2% Milk
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Baked Chicken Tenders Red Skin Potatoes Peas and Carrots Cold Fruit Crisp Wheat Roll w/Marg. 2% Milk		If you have any questions or need to cancel your meal Contact: Barbara Woody 919-542-4512 ext. 232		