

RENOVO SENIOR CENTER

October

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti w/ meat sauce Tossed Salad Watermelon	4 Baked Chicken Parsley Potatoes Green Peas Gelatin Parfait	5 Smothered Beef Steak w/ gravy Mashed Potatoes Cauliflower Mandarin Oranges	6 Creamy Mushroom Chicken Brown Rice Baby Carrots Melon Cup	7 Breaded Fish Mac and Cheese Stewed Tomatoes Pineapple Tidbits Cottage Cheese
10 Meatballs w/mushroom Parsley noodles Brussel Sprouts Tossed Salad Fruit Salad	11 Baked Pork Chop Baked Potato Spinach Gelatin	12 Stuffed Bell Pepper Mashed Potatoes Cucumbers and Onion Fresh Strawberries	13 Rotisserie Chicken Squash Casserole Sliced Carrots Fresh Grapes	14 Fried Shrimp Parsley Potatoes Coleslaw Citrus Gelatin
17 Roast Pork Mashed Potatoes Corn Casserole Mandarin Oranges	18 Pot Roast w/ Gravy Red Skin mashed potatoes Baby Carrots Melon Cup	19 Meatballs w/ Spaghetti Green Beans Pear Slices	20 Roast Turkey Slice Stuffing Mashed Potatoes Creamy Cucumber Salad Watermelon	21 Breaded Fish Buttered Noodles Country Vegetables Broccoli Garlic Toast Melon cup
24 Baked Chicken Thigh Baked Sweet Potato Broccoli Sunny Pears	25 Sliced BBQ Beef Baked Beans Tomato and Onion Salad Fruit Cocktail	26 Chili with Beans Tossed Salad Fresh Strawberries	27 Teriyaki Grilled Chicken Steamed Rice Stir Fry Veggies Cucumbers and Onion Melon Cup	28 Lemon Baked Fish Buttered Noodles Stewed Tomatoes Carrot Raisin Salad Banana Half
31 Spaghetti w/ meat sauce Tossed Salad Watermelon	1 Baked Chicken Parsley Potatoes Green Peas Gelatin Parfait	2 Smothered Beef Steak w/ gravy Mashed Potatoes Cauliflower Mandarin Oranges	3 Creamy Mushroom Chicken Brown Rice Baby Carrots Melon Cup	4 Breaded Fish Mac and Cheese Stewed Tomatoes Pineapple Tidbits Cottage Cheese