










Mizell Senior Center's October 2017 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Mashed Potatoes, Gravy Succotash, Wheat Roll Carrot Cake, Milk	3 Spaghetti /w Meat Sauce Italian Vegetables Garlic Bread Fruit Cocktail, Milk	4 Chicken Burrito Zucchini & Tomato Aztec Rice, Sour Cream Banana, Milk	5 Tuna Salad Sandwich Lettuce Tomato Baked Chips Pea Salad Banana, Milk	6 Beef Stroganoff Egg Noodles Broccoli Wheat Roll Milk
9 Closed 	10  Mac & Cheese with Kielbasas Sausage California Blend – Vegetable, Apple, Milk	11 Parmesan Chicken Roasted Potatoes Peas & Carrots Whole Wheat Roll Banana, Milk	12 Teriyaki Chicken Asian Vegetables Brown rice Hawaiian Roll Orange, Milk	13  Pulled Pork Sandwich Tater tots Coleslaw Milk
16 Beef Lasagna Green Salad Italian Dressing Garlic Bread Fruit Cocktail, Milk	17 Chicken Broccoli Rice Casserole Carrots Whole Wheat Roll Grapes, Milk	18  Hamburger Lettuce Tomato Tater Tots Coleslaw Banana, Milk	19 Herb Baked Chicken Mashed Potatoes Gravy Mixed Vegetables Wheat Roll Apple, Milk	20 Turkey Sandwich Wheat Bread Lettuce & Tomato Beets Salad Milk
23 Beef & Cheese Enchilada Zucchini & Tomato Spanish Rice Banana, Milk	24 Asian Chicken Stir Fried Vegetables Noodles WG Hawaiian Roll Orange, Milk	25 Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll Applesauce, Milk	26  Chef Salad Ham, Turkey, Cheese Salad Dressing Crackers Grapes, Milk	27 Meat Loaf Mashed Potatoes Gravy Carrots Wheat Roll Milk
30 Roast Pork Loin Scalloped Potatoes Carrots, Roll Applesauce, Milk	31 Brains & Eyeballs (Spaghetti/Meatballs) Vampire Bread (Garlic Bread) Zucchini & Tomatoes Milk 	 = High Sodium Day		