

# Meals OCTOBER 2024

| Sunday   | Monday  | Tuesday   | Wednesday | Thursday   | Friday | Saturday  |
|--|---|---|-----------|--|--------|---|
| M/TH Elder Services meals are sponsored in part by Greylock Federal Credit Union |   | 1<br>Tuna Salad<br>Sandwiches & Chips<br>Pickle                   | 2         | 3<br>Chicken Scallopini<br>Buttered Noodles<br>Peas & Carrots<br>WW Bread<br>Fruit Cocktail                | 4      | 5   |
| 6<br>1:00<br><b>Sunday Lunch</b><br>HOST: FCC                                    | 7<br>Chicken Puttanesca<br>Warm Barley<br>Monaco Vege's<br>Italian Bread<br>Fresh Apple     | 8<br>Cheeseburgers<br>Chips                                       | 9         | 10<br>Mexican Mac & Cheese<br>Fiesta Corn<br>Summer Vege's<br>WG White Bread<br>Pineapple                  | 11     | 12  |
| 13   | 14<br><b>Columbus Day</b><br><br>Senior Center Closed.                                      | 15<br>Rotisserie Chicken<br>Salad Sandwich<br>Chicken Noodle Soup | 16        | 17<br>Roast Pork w/Gravy<br>Mashed Sweet Potatoes<br>Succotash<br>Oat Nut Bread<br>Tropical Fruit Mix      | 18     | 19  |
| 20<br>1:00<br><b>Sunday Lunch</b><br>HOST: ST<br>AGNES                           | 21<br>Beef Burgundy<br>Buttered Noodles<br>Brussel Sprouts<br>Dinner Roll<br>Sliced Peaches | 22<br>Taco Salad  | 23        | 24<br>White Chicken Chili<br>Brown Rice<br>Monaco Vege's<br>Corn Bread<br>Banana                           | 25     | 26  |
| 27   | 28<br>Teriyaki Beef W Broccoli<br>Rice<br>Snap Peas<br>Oat Nut Bread<br>Pineapple           | 29<br><br><b>Caution:<br/>Absolutely Frightful!</b>               | 30        | 31<br>Ghoulash<br>Beets & Pearl Onion<br>Green Bean<br>Almondine<br>12 Grain Bread<br>Fruit Orange Gelatin | 3      | <b>Seniors 60 and older suggestion donation \$3 &amp; fund Elder Services Nutrition Program</b> |

Meals are held at the Dalton Senior Center, 40 Field Street Ext. Dalton at 12:00. 24 business hours are required for reservations and cancellations. 684-2000 Suggested donation to Elder Services \$3. Soup & Sandwich \$5 fee, Sunday Lunch Donations are appreciated.