

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b> <i>Baked Veggie Burger</i> <i>Roasted Potato</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>	<b>2</b> <i>Veggie Tomato Sauce</i> <i>Pasta</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	<b>3</b> <i>Vegetarian Egg Bake</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	<b>4</b> <i>Veggie Cutlet Parm</i> <i>Pasta with Pesto Sauce</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>
<b>7</b> <i>Chick Pea Salad</i> <i>Hard Boiled Eggs</i> <i>Garden Salad</i> <i>Home made Salad Dressing</i> <i>Home Made Bread</i>	<b>8</b> <i>Bean &amp; Cheese Burrito</i> <i>Steamed Rice</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	<b>9</b> <i>Plant Protein Stew</i> <i>Steamed Rice</i> <i>Vegetable of the day</i> <i>Home made bread</i>	<b>10</b> <i>Home Style Veggie</i> <i>Shepherds Pie</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	<b>11</b> <i>Pasta W/ Tomato Sauce</i> <i>Beyond Sausage Link</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>
<b>14</b> <i>Columbus Day</i> <i>No Meal</i>	<b>15</b> <i>Beyond Burger</i> <i>"meat" loaf</i>  <i>Mashed Potato</i> <i>Vegetable of the day</i> <i>Home Made Bread.</i>	<b>16</b> <i>Broccoli Alfredo</i>  <i>Pasta</i>  <i>Vegetable of the day</i> <i>Home Made Bread</i>	<b>17</b> <i>Vegan California</i> <i>Meatballs with Sauce and Pasta</i>  <i>Vegetable of the day</i> <i>Home Made Bread</i>	<b>18</b> <i>Chick Pea Salad</i> <i>Hard Boiled Eggs</i>  <i>Garden Salad</i> <i>Home made Salad Dressing</i> <i>Home Made Bread</i>
<b>21</b> <i>Beyond Beef Taco</i> <i>Steamed Rice</i> <i>Vegetable of the Day</i>  <i>Salso</i>  <i>Soft Taco</i>	<b>22</b> <i>Vegetarian Egg Bake</i> <i>Vegetable of the Day</i>  <i>Home Made Bread</i>	<b>23</b> <i>Mushroom Cacciatore</i>  <i>Noodles</i>  <i>Vegetable of the Day</i> <i>Home Made Bread</i>	<b>24</b> <i>Plant Protein Veggie Stew</i>  <i>Steamed Rice</i>  <i>Vegetable of the day</i> <i>Home made bread</i>	<b>25</b> <i>American Mac and Cheese</i>  <i>Vegetable of the Day</i>  <i>Home Made Bread</i>
<b>28</b> <i>Bean and Veggie Chili</i>  <i>Steamed Rice</i>  <i>Vegetable of the Day</i>  <i>Home Made Corn-bread</i>	<b>29</b> <i>Baked Veggie Burger</i> <i>Roasted Potato</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>	<b>30</b> <i>Veggie Tomato Sauce</i>  <i>Pasta</i>  <i>Vegetable of the Day</i>  <i>Home Made Bread</i>	<b>31</b> <i>Vegetarian Egg Bake</i>  <i>Vegetable of the Day</i>  <i>Home Made Bread</i>	

Seniors 60 years of age or older - Suggested donation \$3.00. All contributions are returned to the community toward the cost of nutrition programs and services. 700-800 calories/meal 1000-1500mg sodium/meal Fat Content NOT TO EXCEED 30-35% All meals include soy milk - Calories and sodium from dressing not included. Nutrition information provided is not exact but will help guide .

