
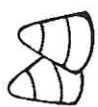







Elder Care Killdeer-Dunn Center Area Menu October 2018



The suggested donation for participants over 60 is \$4.00/meal. Any additional donations are welcome.

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chicken Salad on a Bun Vegetable Soup w/Soda Crackers Romaine Salad w/Dressing Mandarin Orange	3 Roast Beef Whipped Potato w/Gravy Cooked Carrot Multigrain Bread/Roll Apricot Halves Cranberry Crisp	4	5 Breaded Pork Chop Paprika Potato Green Peas Multigrain Bread/Roll Chunky Fruit
8	9 Turkey Noodle Casserole Green Beans Cherry Tomatoes Multigrain Bread/Roll Plum Halves	10 Pork Roast German Potato Salad Peas & Carrots Multigrain Bread/Roll Baked Apples	11 	12 Lemon Fish Potatoes Au Gratin Garden Mixed Vegetables Multigrain Bread/Roll Fresh Banana
15	16 Lasagna Green Beans Romaine Salad w/Dressing Garlic Toast Fruit Cocktail in Gelatin	17 Pepper Steak Escalloped Potatoes Peas w/Pearl Onions Multigrain Bread/Roll Pear Slices	18 	19 Meat Loaf Parslied Potato Broccoli Cuts Multigrain Bread/Roll Cinnamon Applesauce
22 	23 Chili w/Beans Romaine Salad w/Dressing Peach Slices w/ Cottage Cheese Pumpkin Dessert	24 Sweet and Sour Ribs Boiled Potato Broccoli Normandy Multigrain Bread/Roll Pineapple Cuts	25	26 BBQ Chicken Baked Potato w/Sour Cream Mixed Vegetable Multigrain Bread/Roll Blushing Pears
29	30 Beef Tips in Gravy over Buttered Egg Noodles Green Beans Romaine Salad w/Dressing Multigrain Bread/Roll Escalloped Apples	31  Breaded Pork Chop Boiled Potato Diced Beets Multigrain Bread/Roll Fresh Grapes	Meal Provides: Minimum of 2oz. Protein 3 Half Cups of Fruits/Veg 2 Serving Bread 1 Serving of Milk	

Brenda: 260-0667

Changes in menu may be made due to availability of foods. For meal reservations call at least one day in advance.