

# OCTOBER 2024 LUNCH MENU

## PEACE, INC. SENIOR NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 TUNA SALAD W/ CHOPPED EGG SALAD ON KAISER WITH SHREDDED LETTUCE CREAM OF CHEDDAR POTATO SOUP FIG NEWTON	2 SWEDISH STYLE MEATBALLS OVER PARSLEY & BUTTER EGG NOODLES GREEN BEANS APPLESAUCE WHOLE WHEAT BREAD	3 <b>CATERED LUNCHEON</b> PIZZA, SALAD, DESSERT; ROCK SHADOWS BAND ENTERTAINING  \$5 - SIGN UP IN OFFICE
7 HERB ROASTED CHICKEN MACARONI & CHEESE ITALIAN BLEND VEGETABLES FRESH ORANGE	8 MARGHERITA PIZZA W/ DICED PEPPERS BONELESS CHICKEN WINGS W/ BUFFALO SAUCE (ON THE SIDE) HOUSE SALAD APPLE	9 CHICKEN CORDON BLEU CASSEROLE CALIFORNIA BLEND VEGETABLE GRAPES	10 BEEF FRENCH DIP ON ROLL POTATOES O'BRIEN ROASTED ASPARAGUS ICE CREAM CUP
14 <b>SENIOR CENTER CLOSED</b>	15 SWEET & SOUR CHICKEN SERVED OVER SESAME RICE ORIENTAL BLEND VEGETABLES FORTUNE COOKIE	16 SMOTHERED PORK CREOLE RED RICE & BEANS ROASTED CORN MANGO	17 BEEF POT ROAST W/ GRAVY ROASTED ROOT VEG MASHED POTATOES PEACHES DINNER ROLL
21 MUSHROOM SWISS BURGER W/ LETTUCE, TOMATO ON BUN SEASONED POTATOES WEDGES COLESLAW GRAPES	22 SYRACUSE FAMOUS CHICKEN RIGGIES MEATLESS UTICA GREENS APRICOTS FRESH BAKED DINNER ROLL	23 OLD FASHIONED MEATLOAF W/ MUSHROOM GRAVY GARLIC RED SKIN SMASHED POTATOES ROASTED CAULIFLOWER PEANUT BUTTER COOKIE	24 BONELESS CHICKEN CACCIATORE PENNE RIGATE PASTA BROCCOLI JELL-O W/ WHIP CRUSTY ITALIAN BREAD
28 CRAB SALAD SERVED ON CROISSANT TOMATO FLORENTINE SOUP TIRAMISU	29 SLOPPY JOE ON KAISER ROLL BUTTER & HERB BABY POTATOES SNOW PEAS & CARROTS HONEY DEW	30 LASAGNA ROLLS W/ RED SAUCE GIANELLI SAUSAGE LINKS MEDITERRANEAN VEGGIE BLEND MANDARIN ORANGES 	31 CHICKEN ALFREDO W/ BOWTIE PASTA STEAMED BROCCOLI APPLE ITALIAN BREAD  <b>HALLOWEEN PARTY!</b>

RESERVATIONS: CALL THE LUNCH LINE @315-469-3259 LUNCH IS SERVED AT NOON 60+ SENIORS... \$3.50 GUESTS UNDER 60... \$7.00

LUNCH RESERVATIONS SHOULD BE IN BY 12:30 PM THE DAY BEFORE OR BY THURSDAY 12:30PM FOR THE FOLLOWING WEEK.

IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY US.