MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets / Dipping Sauce 6 Steamed Potatoes Buttered Carrots and Celery Chilled Diced Pears	Fish Sandwich / Cheese / Bun 7  Tartar Sauce Sweet Potatoes Spinach With Lemon	Philly Cheese Steak / Hoagie Bun 1 Cubed Potatoes Harvard Beets Chilled Diced Peaches Tossed Salad / Dressing  Spaghetti With Meat Sauce 8 Peas Tossed Salad / Dressing Tropical Fruit	Chicken & Cheese Enchilada 2 Refried Beans 1/4c Spanish Rice 1/4c Shredded Lettuce & Diced Tomatoes Ambrosia Fruit Salad Cinnamon Churro  Oven Roasted Cuban Style Mojo 9 Pork Loin Cuban Yellow Rice Ranch Green Beans	Battered Fish Tartar Sauce Brown Seasoned Rice Zucchini Chilled Pineapple Dinner Roll Swedish Meatballs / Gravy Noodles Brussel Sprouts Carrot Raisin Salad
Honey Bran Muffin  Columbus Day	Yogurt Fruit Salad Peach Pie	Garlic Roll	Chilled Mandarin Orange Dinner Roll	Apple Cinnamon Cottage Cake
Pork Chop Suey  Buttered Rice  Cauliflower & Broccoli  Chilled Pineapple  Butter Finger Bar	BBQ Chicken Thighs 14  Black Beans  Country Vegetables  Sour Cream Fruit Salad  Cornmeal Roll	Chicken Fried Steak / Cream Gravy 15 Whipped Potatoes Corn Citrus Pear Salad Whole Wheat Roll	Baked Tilapia / Tartar Sauce 16 Scalloped Potatoes Spinach with Lemon Chilled Tropical Fruit Cornbread Muffin	Vegetable Meatloaf / Gravy 17 Whipped Potatoes Green Beans Chilled Peaches Dinner Roll
Macaroni Beef Bake 20  Broccoli  Carrot & Pineapple salad  Warm Applesauce W/Cinnamon	Chicken Dijon 21 Whipped Sweet Potatoes Cauliflower with Diced Red Peppers Chilled Pears Dinner Roll	Teriyaki Cube Steak 22  Brown Rice Oriental Vegetables Beet and Onion Salad Sweet Potato Roll	Chicken Tater Tot Casserole 23  Zucchini & Tomatoes  Peach & Cream Cheese  Blueberry Coffee Cake	Pork Roast W/Pineapple 24  Glazed /Rice  Cauliflower  Orange Wedges  Chocolate Chip Pumpkin Cake
Meatballs/Marinara Sauce 27 Parmesan Cheese Rigatoni Pasta Green Beans Fresh Banana Dinner Roll	Baked Chicken Breast/Gravy 28 Whipped Potatoes California Vegetables Blueberry Applesauce Gelatin Herb Roll	Hamburger Stroganoff 29 Brown Rice Broccoli w/ Red Peppers Tossed Salad w/Dressing Chilled Peaches Wheat Roll	Diced Pork in Gravy Whipped Potatoes Steamed Cabbage Chilled Tropical Fruit Garlic Roll	Spooky Turketti  Frightful Candy Corn Vegetables Chilling Pears Boo-tiful Brownie Wicked Dinner Roll

Weber Senior Nutrition Program • 1176 W. 3300 S. Ogden Utah 84401 • 801-399-8390 • Suggested Meal Donation \$ 4.00 • Milk Offered Daily • Menu Subject To Change Without Notice