

Martha's Kitchen SAN BENITO SENIOR MEALS OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Burrito w/Zucchini & Peppers, Roasted Potatoes- OJ	2 Split Pea & Ham Soup, Green Salad, Veggie Pasta Salad, Roll- Banana	3 Chicken Tostada, Black Beans, Steamed Carrots- Fruit Salad w/Pudding Cup
6 Beef Stew, Romaine Salad, 5 Way Mixed Veggies, Cornbread- Banana	7 Turkey & Cheese Sandwich, Coleslaw, Minestrone Soup- Banana	8 Beef Enchilada, Refried Beans, Spanish Rice, Romaine Salad- Pear	9 Parmesan Chicken Pasta, Italian Green Beans, Steamed Spinach, Roll- Strawberries	10 Baked Fish, Mixed Veggies, Roasted Sweet Potatoes, Roll- OJ
13 Beef & Broccoli, Sesame Carrots, Brown Rice- Pineapple Chunks	14 Egg Salad Sandwich, Potato Leek Soup, Spinach Salad- Banana	15 Macaroni & Cheese, Roasted Brussel Sprouts, 3 Bean Salad, Roll- Fruit Cocktail	16 Chicken Mole, Cauliflower and Peppers, Refried Beans, Mexican Rice- Pear Slices	17 Chicken Jambalaya, Sauteed Greens, Brown Rice- Fruit Juice
20 Sloppy Joes, Succotash, Roasted Potatoes- Banana	21 Tuna Salad Sandwich, Vegetable Barley Soup , Coleslaw w/ Carrots- Tangerine	22 Broccoli & Cheese Potato, Lentil and Feta Salad, Roll- Fruit Crisp	23 Beef and Lentil Stew, Zucchini, Romaine Salad w/Egg, Cornbread- OJ	24 Pulled Pork Tacos, Refried Beans, Cauliflower and Peppers- Peaches
27 Sliced Turkey w/Gravy, Peas and Carrots, Broccoli, Rice Pilaf, Roll- Sliced Peaches	28 Chinese Chicken Noodle Salad, Sesame Broccoli Salad, Sesame Noodles- Tangerine	29 Chili Colorado, Romaine Salad, Black Beans w/Peppers, Spanish Rice, Corn Tortillas- Pear	30 Meatloaf, Mashed Potatoes, Malibu Mixed Veggies, Roll- Apple	31 HAPPY HALLOWEEN!! Deviled Chicken Salad Sandwich, Pumpkin Soup, Romaine Salad- Juice BIRTHDAY CAKE- OCTOBER BIRTHDAYS!!!!



EACH DAY IS SERVED WITH 1% MILK, and a fruit option upon availability. Menu Items Subject to Change At Any Time