

Martha's Kitchen SAN BENITO SENIOR MEALS HOME DELIVERED OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Shepard's Pie, Green Beans, Roll- Tangerine	2 Taco Salad, Pinto Beans, Corn w/Peppers, Tortilla- OJ	3 Crab Cakes, Broccoli, Steamed Carrots, Dill Noodles, Roll- Banana
6 Salisbury Steak, Mashed Potatoes, Peas & Carrots, Roll- Pear	7 Tuna Salad Sandwich, Green Bean Salad, Sliced Beets- OJ	8 Breakfast Burrito w/Peppers & Zucchini, Roasted Potatoes- OJ	9 Split Pea & Ham Soup, Tossed Green Salad, Vegetable Pasta Salad, Roll- Banana	10 Chicken Tacos, Steamed Carrots, Black Beans- Citrus Fruit Salad
13 Beef Stew, Romaine Salad, 5 Way Mixed Vegetables, Cornbread- Banana	14 Turkey & Cheese Sandwich, Coleslaw, Minestrone Soup- Banana	15 Beef Enchiladas, Refried Beans, Spanish Rice- Pear	16 Parmesan Chicken Pasta, Italian Green Beans, Steamed Spinach- Strawberries	17 Baked Fish, Mixed Vegetables, Roasted Sweet Potatoes, Roll- OJ
20 Beef & Broccoli, Sesame Carrots, Broccoli, Brown Rice- Pineapple Chunks	21 Egg Salad Sandwich, Potato Leek Soup, Spinach Salad- Banana	22 Macaroni & Cheese, Roasted Brussel Sprouts, Baked Beans, Roll- Fruit Cup	23 Chicken Mole, Cauliflower w/Peppers, Mexican Rice- Pear	24 Chicken Jambalaya, Sauteed Greens, Brown Rice- Fruit Juice
27 Sloppy Joes, Succotash, Roasted Potatoes- Banana	28 Tuna Salad Sandwich, Vegetable Barley Soup, Coleslaw - Tangerine	29 Broccoli & Cheese Potato, Lentil Feta Salad, Roll- Fruit Crisp	30 Beef & Lentil Stew, Zucchini, Romaine Salad w Hard Boiled Eggs, Cornbread- OJ	31 HAPPY HALLOWEEN!! Pulled Pork Tacos, Refried Beans, Cauliflowers & Peppers- Peach 

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