

Dexter Senior Center

Meal Calendar

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
30 Sweet & Sour Chicken w/ Vegetables serve over rice; Confetti Fried Rice w/ Vegetables; Vegetable Blend; Pineapple Tidbits; Bread w/ Margarine; Milk	1 Chef Salad: Diced Ham, Turkey & Shredded Am. Cheese; Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes; Chicken Noodle Soup w/ Vegetables ; Apple; Pita Bread w/ Margarine; Ranch dressing; Milk	2 Potato Crunch Pollock w/ Tartar Sauce served over Rice; Garden Peas & Pearl Onions; Pickled Beets & Onion Salad; Fruited Gelatin; Bread w/ Margarine; Milk	3 Chicken w/ Cavatappi Pasta; Garden Green Salad w/ Romaine w/ French Dressing; Brussels Sprouts; Fresh Banana; Italian Bread w/ Margarine; Milk	4 Baked Meatloaf w/ Beef Gravy; Garlic Mashed Redskin Potatoes; Green Beans; Mixed Berries w/ Whip Topping; Dinner Roll w/ Margarine; Milk
7 Cheddar Cheese Omelet; O'Brien Potatoes; Apple Juice; Apricots; Fruit Muffin w/ Margarine; Milk	8 Greek Chicken Salad: Marinated Chicken served over salad mix; Garden Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes; Minestrone Soup w/ Crackers; Fresh Orange; Pita Bread w/ Margarine; Greek Dressing; Milk	9 BirthDay Luncheon at DSC Stuffed Pepper; Italian Garden Green Salad garbanzo bean garnish w/ Romaine w/ Italian Dressing; Garlic Mashed Redskin Potatoes; Strawberries w/ Whip Topping; Dinner Roll; Milk	10 Turkey Burger w/ Lettuce & Tomato garnish w/ Mayo & Mustard; Diced Carrots; Cucumber, Tomato & Onion Salad; Fresh Pear; Hamburger Bun; Milk	11 BBQ Chicken Breast; Baked Beans; Creamy Confetti Coleslaw; Fruited Gelatin; Corn Bread w/ Margarine; Milk
14 No Meals Indigenous People's Day	15 Baked Ham w/ Pineapple Sauce; Whipped Sweet Potatoes; California Blend w/ Cheese Sauce; Diced Peaches; Roll w/ Margarine; Milk	16 Stir-fry Beef w/ Sugar Snap Peas served over Confetti Fried Rice w/ Vegetables; Tropical Fruit Salad; Bread w/ Margarine; Milk	17 Chicken Salad Sandwich; Pasta Salad w/ Vegetables; Twice Baked Potato Soup w/ Crackers; Fresh Red or Yellow Apple; Croissant; Milk	18 Roast Pork with Pork Gravy; Garden Green Salad w/ Romaine w/ French Dressing; Garlic Mashed Redskin Potatoes; Corn Bread; Chocolate Chip Cookie; Milk
21 Swedish Meatballs served over egg noodles; Whole Kernel Corn; Zucchini & Tomatoes; Mandarin Oranges & Pineapple Tidbits; Bread w/ Margarine; Milk	22 Balsamic Marinated Chicken Breast; Steamed Spinach; Scalloped Potatoes; Apricots; Dinner Roll w/ Margarine; Milk	23 Tuna Salad Sandwich; Pasta Salad w/ Vegetables; Broccoli Cheese Soup w/ Crackers; Fresh Pear; Croissant; Milk	24 Beef Sauce w/ Parmesan Cheese served over rotini noodles; Italian Garden Green Salad (garbanzo bean garnish) w/ Romaine w/ Ranch Dressing; Green Beans; Fresh Banana; Italian Bread w/ Margarine; Milk	25 Breaded Chicken Patty Sandwich w/ Mayo & Ketchup; Creamy Confetti Coleslaw; Strawberries w/ Whip Topping; Hamburger Bun; Milk
28 Beef Pepper Patty w/ Beef Gravy; Cauliflower w/ Cheese Sauce; Zucchini & Tomatoes; Applesauce; Dinner Roll w/ Margarine; Milk	29 Chicken Breast Cacciatore; Garden Green Salad w/ Romaine w/ Italian Dressing; Green Beans; Fresh Orange; Dinner Roll w/ Margarine; Milk	30 Beef Taco Salad: Warm Beef Taco Meat; Shredded Lettuce Mix w/ Ranch Dressing; Warm Refried Beans w/ Cheddar Cheese garnish; Diced Peaches; Tostitos Scoops Salsa; Milk	31 Frightening Beef: Frankfurter (Beef) w/ Diced Onion garnish w/ Mustard & Ketchup; Petrified Potato Salad; Bubblin' Baked Beans; Bobbin' Fresh Red or Yellow Apple; Hotdog Bun; Sugar Cookie; Milk	1 Breaded Chicken Tenders w/ BBQ Sauce; Dill Carrot Coins; Creamy Confetti Coleslaw; Mixed Berries w/ Whip Topping; Milk