

# OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Open Faced Turkey on Bread with Gravy, Mashed Potatoes, Peas and Pearl Onions, Pineapple Chunks, Graham Crackers	Meatballs and Spaghetti with Marinara Sauce, Carrots, French Bread and Peaches	Hot Dog on a Wheat Bun, Baked Beans, Diced Potatoes, Cherries	Southern Style Pork with Country Gravy, Mashed Potatoes, Mixed Veggies, Fruit Cocktail, Biscuit, Oatmeal Bar	Lemon Pepper White Fish, ALT: Chicken Picatta, Green Beans, Roasted Red Peppers, Wheat Roll, Apricots, Oatmeal Bar
9	10	11	12	13
CLOSED FOR THE COLUMBUS DAY HOLIDAY	Smoked Sausage on a Wheat Bun, Scalloped Potatoes, Peas, Tropical Fruit Salad	Chili with Macaroni Noodles, Cole Slaw, Corn Bread, Fruit Salad	Chicken Ala King, Veggie Blend, Brown Rice, Beet Salad, Wheat Roll, Fruit Juice	White Fish in Citrus Sauce, ALT: Pork Cutlet, Mashed Potatoes, Corn, Applesauce, Multigrain Bread
16	17	18	19	20
Baked Ham with Pineapple Glaze, Green Beans, Sweet Potatoes, Rye Bread, Granola Bar, Pears	Chicken with Cajun Sauce, Oven Browned Potatoes, Greens and Beans, Tropical Fruit Salad, Wheat Bun	Prime Rib, Rosemary Potatoes, Mixed Veggies, Wheat Roll, Whole Grain Muffin, Cinnamon Apples	Meatballs with Wild Mushroom Sauce, Pasta Peas and Carrots, Broccoli Salad, Rye Bread, Apple	Baked Tilapia, ALT: Italian Chicken with Marinara Sauce, Brown/Wild Rice, Italian Veggies, Salad, Wheat Roll, Pineapple
23	24	25	26	27
Stuffed Cabbage Rolls, Garlic Potatoes, Carrots, Wheat Roll, Peaches, Muffin	BBQ Meatballs, Brown Rice, Peas and Carrots, Veggie Salad, Wheat Bread Fruit Salad	Beef Taco with Spanish Rice, Corn, Tossed Salad, Tortilla, Salsa, Orange	Pork Chop , Au gratin Potatoes, Baked Beans, Rye Bread, Baked Apples, Whole Grain Muffin	Mediterranean White Fish, ALT: Lemon Chicken, Oven Browned Potatoes, Mixed Veggies, Pineapple, Wheat Bread
30	31			
Beef Stew, Stew Veggies, Mashed Potatoes, Multigrain Roll, Orange	Grilled Hamburger on a Bun, Cheesy Potatoes, Baked Beans, Applesauce			

Oak Park Township Senior Lunch Program along with Georgis Catering - Menu items are subject to change  
 Whole Fresh Fruit will be served for diabetic meals as a substitute for dessert. All meals served with 2% or Skim Milk.