

OCTOBER MENU 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				10/1 BBQ CHICKEN Baked Sweet Potato Collard Greens Apple
10/4 SPAGHETTI AND MEAT SAUCE Mixed Green Salad Tangerine	10/5 BAKED STUFFED POLLOCK Brown Rice Steamed Green Beans Apples	10/6 HAMBURGER Sweet Potato Fries Garden Salad Cantaloupe	10/7 SALMON CAKES Orzo Pasta Baby Carrots with Parsley Banana	10/8 OVEN FRIED CHICKEN Roasted Potato Brussels Sprouts Pears
10/11 BAKED POLLACK Cous Cous Broccoli Fruit Salad	10/12 SWEET AND SOUR CHICKEN Yellow Rice California Vegetable Blend Plum	10/13 BREADED BAKED FISH Cous Cous Carrots Orange	10/14 BEEF AND BROCCOLI Brown Rice Roasted Peppers Watermelon	10/15 BAKED CHICKEN Wide Noodles Mixed Vegetables Apple
10/18 TURKEY BEAN CHILI Brown Rice Brussels Sprouts Banana	10/19 BAKED SALMON Orzo Pasta Baby Carrots with Parsley Cantaloupe	10/20 STEWED CHICKEN Rice Broccoli Pear	10/21 LEMON PEPPER FISH Bowtie Pasta Mixed Green Salad Tangerine	10/22 ROSEMARY CHICKEN French Fries California Vegetable Blend Apple
10/25 BAKED BREADED FISH Brown Rice Steamed Green Beans Fresh Pineapple	10/26 TUNA CAKES Cous Cous Cucumber Salad Mixed Berries	10/27 OVEN FRIED CHICKEN Bowtie Pasta Steamed Broccoli Banana	10/28 MEATBALLS WITH GRAVY Mashed Potatoes Sliced Carrots Applesauce	10/29 BAKED CHICKEN Sweet Baked Yams Collard Greens Oranges
<i>Kashrut Supervised by the Vaad of Riverdale</i>				
MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE			Funded by the New York City Department for the Aging and your Contributions.	

