

October Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Stuffed Pepper Roasted Potato Medley Broccoli Florets Chilled Peaches	3 Seasoned Pork Roast Mashed Sweet Potatoes Harvest Roasted Vegetables Applesauce	4 Autumn Chicken Salad Whole Grain Blueberry Muffin Tropical Fruit	5 Roast Beef Sundae (Open-Face Beef Sandwich) Mashed Potatoes with Gravy Buttered Corn and Carrots Fresh Fruit Cup	6 Seafood & Vegetable Alfredo Roasted Vegetables Whole Grain Garlic Toast Apple Pecan Salad
9 Balsamic Berry Chicken Brown Rice Pilaf Capri Vegetable Blend Mandarin Oranges	10 Stuffed Cabbage Roll Mashed Potatoes Mixed Vegetables Fresh Grapes	11 Smoked Sausage, Khoephla & Kraut Roasted Red Potatoes Parslied Carrots Chilled Apricots	12 BBQ Ribs Baked Sweet Potato Green Beans w/Bacon Fresh Orange Corn Bread Asst. Desserts	13 Country Fried Steak Mashed Potatoes with Country Gravy Roasted Root Vegetables Fruited Gelatin
16 Baked Salmon Wild Rice Pilaf Steamed Vegetables Chilled Dark Cherries	17 Sweet & Sour Chicken (with Pineapple, Onions and Peppers) Pineapple Rice Vegetable Egg Roll Fresh Honeydew Fortune Cookie	18 Taco Salad (with Tortilla Chips Salsa & Sour Cream) Fresh Berries with Whipped Topping	19 Glazed Ham AuGratin Potatoes Peas & Carrots Fresh Banana Strawberry Rhubarb Pie	20 Hawaiian Chicken Breast Oriental Coleslaw Pacific Vegetable Blend Chilled Pears
23 Beef Burgundy Caramelized Onion Mashed Potatoes Grizzly Vegetable Blend Strawberry Applesauce	24 Garlic Sage Chicken Breast Barley Rice Pilaf Roasted Butternut Squash Fresh Pear	25 Pork Chop with Peach Chutney Glazed Sweet Potatoes Murray Blend Vegetable Chilled Apple Slices Asst. Cookies	26 Mushroom & Swiss Hamburger Sweet Potato Wedges Cucumber Tomato Salad Watermelon	27 Baked Lemon Cod Roasted Rosemary Potatoes Steamed Broccoli Chilled Pineapple
30 Pulled BBQ Chicken Sandwich Ranch Beans Steamed Corn Fruit Cocktail	31 HALLOWEEN Ghoulish Meatballs Sinister Spaghetti Voodoo Veggies Fiendish Fruit Cup Dirt Dessert Cups	Each meal is served with 8 oz. of 1% milk and 2 slices of bread (unless otherwise indicated). Coffee and water is served at meal sites.		MENU SUBJECT TO CHANGE!

NUTRITION PROGRAM INFORMATION:

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am
 Congregate Meal Service from 12:00 pm to 12:30 pm
 Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm
 Wing & Sterling Meal Sites: Congregate Meal Service/Take-Out Meal Service at 12:00 noon

MEAL RESERVATIONS: Call at least one day in advance.
 Burleigh County Senior Center 258-9276 (from 8:00 am to 3:30 pm)
 Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
 Wing Senior Center/Sterling Meal Site 943-2490 (from 8:00 am to 2:30 pm)
 Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is \$4.50/meal. The meal price for those under 60 is \$11.00.

SNAP/EBT and credit/debit cards are accepted. OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal participants are required to update their assessment annually. Individuals are notified when their registration is due for updating.