

LUNCH CALENDAR

OCTOBER, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cream Chipped Beef 2 Mashed Potatoes Mixed Vegetables Apple Slices	Cold Pack 3 Turkey Salad Sandwich w/Lettuce & Tomato Potato Salad Cranberry Relish Fresh Fruit	Chicken Breast Sandwich 4 Red Potatoes Cream Style Corn Mandarin Oranges	Pasta & Meatballs 5 Steamed Broccoli Summer Squash Apricots Yogurt	Grilled Bratwurst 6 w/Peppers & Onions O'Brien Potatoes Brussels Sprouts Banana
CLOSED FOR COLUMBUS DAY 9	Swiss Steak 10 Mashed Potatoes Carrots Dark Sweet Cherries	Tomato Basil Soup 11 Ham Salad Sandwich (LS Alt = Chicken Salad) Tossed Salad 5 Cup Salad	Hamburger Gravy 12 Mashed Potatoes Succotash Fresh Fruit	Beef Stroganoff 13 Egg Noodles Steamed Cauliflower Spiced Applesauce Juice
Sausage & Sauerkraut 16 (LS Alt = LS Franks) Smashed Red Potatoes Peas w/Onions Pineapple	Turkey Ala King 17 Buttered Beets Baked Apples Tangerine	Mushroom Swiss Burgers 18 Seasoned Potato Wedges Normandy Blend Peaches	Fish Sandwich 19 Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice	Beef & Noodles 20 Mashed Potatoes Green Beans Apple Slices Cookies
Steamed Franks 23 (LS Alt = Chicken Breast) Baked Beans Mixed Vegetables Mandarin Oranges	Cream of Broccoli Soup 24 Cold Cut Sandwich Grape Salad Jell-O	BBQ Pork 25 Roasted Potatoes Ranch Style Beans Cole Slaw	Salisbury Steak 26 or Liver & Onions Mashed Potatoes Peas & Carrots Mixed Fruit Brownies	Hamloaf 27 (LS Alt = Meatloaf) Sweet Potatoes Winter Blend Bananas
Goulash 30 Cooked Cabbage Fruit Crunch Pears	Baked Chicken 31 Mashed Potatoes Green Beans Fresh Fruit			