





# SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - OCTOBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 27	September 28	September 29	September 30	October 1
BAKED MOSTACCIOLI WITH ITALIAN SAUSAGE ½ CUP/3OZ MIXED VEGETABLES ½ CUP SALAD WITH TOMATO 1 CUP GARLIC BREAD 4 OZ. FRUIT ½ CUP MILK 8 OZ.	STUFFED CHICKEN BREAST 3 OZ. STUFFING W/ GRAVY 2/3 CUP CRANBERRY SAUCE ½ CUP CORN ½ CUP MILK 8 OZ.	PULLED PORK ON A BUN 3 OZ. POTATO SALAD ½ CUP BAKED BEANS ½ CUP SALAD WITH TOMATO 1 CUP FRUIT ½ CUP MILK 8 OZ.	MEATLOAF - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C GREEN PEAS - 1/2C SALAD W/TOMATOES - 1C SPLIT PEA SOUP - 3/4C FRENCH BREAD - 2SLS. MILK - 8 OZ.	CHICKEN MARSALA W/EX SAUCE - 3 OZ. BUTTERED ANGEL HAIR NOODLES - 1/2C BROCCOLI - 1/2C CREAM OF MUSHROOM SOUP - 3/4C GARLIC BREAD - 1 SLS. FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 4	October 5	October 6	October 7	October 8
HAMBURGER ON A BUN W/TOMATO & ONION - 4 OZ. COLE SLAW - 1/2C BAKED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CHICKEN LEG QUARTER MASHED SWEET POTATOES - 1/2C MIXED VEGETABLES - 1/2C SALAD W/TOMATOES - 1C RYE BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	BEEF TACOS ON WW TORTILLA (2) W/CHEESE, SOUR CREAM, SALSA, TOMATOES, LETTUCE, ONION BEEF VEGETABLE SOUP - 3/4C SPANISH RICE - 1/2C REFRIED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	SPAGHETTI - 1/2C ITALIAN SAUSAGE - 3 OZ. GREEN BEANS - 1/2C COLE SLAW - 1/2C GARLIC BREAD - 1 SLS. FRUIT - 1/2C MILK - 8 OZ.	BOW TIE PRIMAVERA W/EX SAUCE - 1/2C CHICKEN CACCATORE - 3 OZ. SALAD W/TOMATOES - 1C CHICKEN ROSA MARINA SOUP - 3/4C GARLIC BREAD - 1 SLS. FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 11	October 12	October 13	October 14	October 15
<div style="color: red; font-weight: bold;">CLOSED- COLUMBUS DAY</div>  <div style="text-align: center; font-weight: bold; color: blue;">Columbus Day</div>	CHEESE PIZZA OR PIZZA W/CHEESE, SAUSAGE, MUSH, ONION, GR PEPPER W/ EXTRA THIN CRUST - 3 OZ. CHEESE, 2 OZ. OTHER INGREDIENTS CREAM OF SPINACH SOUP - 3/4C SALAD W/ TOMATOES - 1C FRUIT - 1/2C MILK - 8 OZ.	SWEDISH MEATBALLS W/EX SAUCE - 3 OZ. CARROTS - 1/2C BUTTERED NOODLES 1/2C SALAD W/ TOMATOES - 1C CREAM OF BROCCOLI SOUP - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	SLOPPY JOE ON A BUN - 3 OZ. CHILI - 3/4C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8 OZ.	HAM - 3OZ. SCALLOPED POTATOES IN CREAM SAUCE, NO CHEESE - 1/2C SPINACH - 1/2C RYE BREAD - 2SLS. COTTAGE CHEESE W/ PEACHES - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 18	October 19	October 20	October 21	October 22
SCRAMBLED EGGS W/ GREEN PEPPERS - 3 OZ, SAUSAGE LINKS - 3 OZ. ROASTED POTATOES - 1/2C FRENCH BREAD - 2 SLS. MILK - 8 OZ.	TILAPIA W/TARTER SAUCE - 3 OZ BAKED POTATO W/SOUR CREAM - 4 OZ. PICKLED BEETS - 1/2C PEAS - 1/2C GARLIC BREAD - 4 OZ. GRAHAM CRACKERS - 2 MILK - 8 OZ	CHICKEN VESUVIO W/EX SAUCE - 3 OZ. VESUVIO POTATOES W/EX SAUCE - 1/2C BAKED ZUCHINI W/A SPRINKLE OF PARMESAN CH 1/2C SALAD W/ TOMATOES - 1C FR BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	HOT DOG ON A BUN - 3 OZ. CHILI - 1/2C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CHICKEN PARMESAN - 2 OZ. MOSTACCIOLI - 1/2C SALAD W/TOMATOES - 1C GARLIC BR - 4 OZ. CAULILOWER - 1/2C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 25	October 26	October 27	October 28	October 29
BR PORK TENDERLOIN W/GRAVY - 3OZ BUTTERED PARSLEY POTATOES - 1/2C SAUERKRAUT - 1/2C RYE BREAD - 2SLS. CREAM OF MUSHROOM SOUP - 3/4C APPLESAUCE - 1/2C MILK - 8 OZ.	CHICKEN LEG QUARTER - 3 OZ. BROWN RICE W/GRAVY - 1/2C SALAD W/TOMATOES - 1C PEAS AND CARROTS - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	SALISBURY STEAK W/ MUSHROOMS & ONION - 3 OZ. MASH POTATOES W/GRAVY - 1/2C GREEN BEANS - 1/2C NAVY BEAN SOUP W/PORK - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	ITALIAN SAUSAGE W/GR PEPPERS ON A HARD ROLL - 3OZ. BAKED BEANS - 1/2C COLE SLAW - 1/2C CREAM OF POTATO SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.	ITALIAN GOULASH - 1C CORN - 1/2C SPLIT PEA SOUP - 3/4C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 OZ. FRUIT - 1/2C MILK - 8 OZ. 

TO RESERVE CALL 708-354-0099

