

El Mirage Senior Center Menu – October 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU</p>	<p>1 Salad of the day, Roast Chicken, Roasted Yams, Spinach and Mushroom, Bread, Gelatin with Pears</p>	<p>2 Soup of the Day, Roast Beef, Rice Pilaf, Wax Beans, Rye Bread, Tropical Fruit Mix</p>	<p>3 Salad of the Day, Cheese Lasagna, Italian Vegetables, Rosemary Carrots, Garlic Bread, Fresh Fruit in Season</p>	<p>4 Soup of the Day, Tuna Salad Plate, Tomato and Cucumber, Peppers and Onions, Bread Sticks, Apricots</p>
<p>7 Soup of the Day, Roast Turkey, Mashed Potato, Green Beans, Biscuit, Cantaloupe</p>	<p>8 Salad of the Day, Cabbage Rolls, Rice Basmati, Mixed Vegetables, Rye Bread, Applesauce</p>	<p>9 Soup of the Day, Pork Loin with Mustard Sauce, Roasted Potatoes, Carrots and Broccoli, Bread, Mandarin Oranges</p>	<p>10 Salad of the Day, Orange Chicken, Wild Rice, Oriental Vegetables, Egg Roll, Pineapple Chunks</p>	<p>11 Bratwurst in Beer, Hot German Potato Salad, Broccoli, Bun, Fruit Cup, Apple Strudel</p>
<p>14 Baked Potato with choice of butter, sour cream, chives, bacon bits, shredded cheese</p>	<p>15 Salad of the Day, Baked Pork Chop, Mashed Potatoes, Brussels Sprouts, Rye Bread, Gelatin with Pears</p>	<p>16 Soup of the Day, Mediterranean Chicken, Risotto, Honeyed Carrots, Yellow Squash, Dinner Roll, Pineapple Chunks</p>	<p>17 Salad of the Day, Beef Stew, Potatoes, Carrots, Celery and Onions, Cabbage, Biscuit, Fresh Fruit in Season</p>	<p>18 Soup of the Day, Sesame Dill fish, Mac and Cheese, Broccoli, Dinner Roll, Fruit Mix</p>
<p>21 Soup of the day, Beef Burrito, Black Beans, Guacamole, Pineapple</p>	<p>22 Salad of the Day, Country Chicken with Gravy, Rice Pilaf, Corn, Biscuit, Fresh Berries</p>	<p>23 Soup of the Day, Beef Stroganoff, Seasoned Spinach, Brussels Sprouts, Bread, Tropical Fruit Mix</p>	<p>24 Salad of the Day, Baked Pork Chop, Couscous, Mixed Peppers, Rye Bread, Sliced Pears</p>	<p>25 Soup of the Day, Oven Fish Fillet, Tater Tots, Peas and Carrots, Bread, Fruit Compote</p>
<p>28 Soup of the Day, Dijon Crusted Chicken, Roasted Potatoes, Spinach and Mushrooms, Dinner Roll, Fruited Gelatin</p>	<p>29 Salad of the Day, Gingered Beef, Asian Noodles, Oriental Vegetables, Almond Cookie, Mandarin Oranges</p>	<p>30 Soup of the Day, Roast Pork, Rice Pilaf, Baked Tomato with Peas, Bread, Sliced Pears</p>	<p>31 Salad of the Day, Cheese Lasagna, Spinach, Mixed Peppers, Bread, Apricots</p>	

