



October 2024

Bay Count Department on Aging

HDM/Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>(1) BAKED TURKEY (3)</b> Mashed Potatoes (17) w/ Turkey Gravy (2) Kyoto Blend Veggies (9) Chocolate Pudding (27)	<b>(2) BAJA FISH TACO (31)</b> Fire Roasted Corn and Beans (14) Southwest Coleslaw (7) Banana (44)	<b>(3) GRILLED CHICKEN SANDWICH (29)</b> Cheesy Mashed Potatoes (16) Colorful Peas and Carrots (9) Lemon White Chocolate Cookie (24)	<b>(4) HOT DOG (1)</b> Whole wheat bun (19) Corn (19) Peach Cobbler (45) Potato Chips (15)
<b>(7) SCRAMBLED EGGS (3)</b> Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)	<b>(8) CHI CHI CHILI (22)</b> Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Pineapple Chunks(18)	<b>(9) BAKED PORK CHOPS (1)</b> Loaded Potatoes(16) Broccoli Florets (4) Apricots (15)	<b>(10) PIZZA CALZONE (34)</b> Italian Blend Vegetables (5) Fresh Tossed Salad (3) Strawberry Yogurt Cup (13)	<b>(11) TACO SALAD (24)</b>
<b>(14) MEATBALL STROGANOFF (18)</b> Buttered Noodles (13) Mixed Vegetables (11) Fruit Cocktail (17)	<b>(15) BEAN &amp; HAM SOUP (25)</b> Diced Carrots (7) Chocolate Chip Cookie (27) Low-Sodium V-8 Vegetable Juice (6)	<b>(16) SAUCY VEAL PARMESAN (23)</b> OVER SPAGHETTI (20) Green Beans (5) Diced Pears (18)	<b>(17) CRISP CHICKEN FINGERS (20)</b> Down Home Fries (15) Scandinavian Blend Veggies (7) Oreo 4 ct (33)	<b>(18) PEPPER STEAK (10)</b> Steamed Brown Rice (16) Broccoli Florets (4) Grape Juice Box (20)
<b>(21) HUNGARIAN PORK CHOP (6)</b> Buttered Noodles (13) Spinach (5) Clementine (9)	<b>(22) CHICKEN ENCHILADAS(20)</b> Roasted Corn and Beans (14) Spanish Rice (25) Snickerdoodle (28)	<b>(23) HAMBURGER GRAVY (9)</b> Mashed Potatoes (17) Brussel Sprouts (6) Applesauce (23) Whole Wheat Dinner Roll (23)	<b>(24) ROASTED PORK LOIN (0)</b> Mashed Potatoes (17)w/ Pork Gravy (2) Peas and Carrots (9) Whole Wheat Bread (10) Chocolate Pudding (27)	<b>(25) BBQ CHICKEN BREAST (14)</b> Redskin Potatoes w/onions (23) Corn (21) Pineapple Orange Delight (31)
<b>(28) PHILLY BEEF SANDWICH (24)</b> ON A WHOLE WHEAT BUN (19) Diced Redskin Potatoes w/Onion(13) Riviera Blend Vegetables (6) Strawberry Kiwi Slushie (22)	<b>(29) CHICKEN CORDON BLUE (12)</b> Candied Sweet Potatoes (31) Mixed Veggies (11) White Chocolate Raspberry Cookie (28)	<b>(30) SLOW-COOKED BEEF POT ROAST (2)</b> Mashed Potatoes(17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Apple (21)	<b>(31) DEVILED PORK CHOPS (21)</b> Buttered Rotini Noodles (42) Southern Succotash (20) Pumpkin Fluff (17)	

All Meals at the Activity Centers served with Fat-Free Milk (13)

Number next to the menu item indicates carbohydrate count.

Menu is subject to change without notice.

Be advised menu items may contain nuts.