

OCTOBER 2017

**Senior Center
LUNCH PROGRAM**

1st Lunch: 11:00-11:45AM
2nd Lunch: 12:30-1:15PM



**COME JOIN US
AT ENCORE
for the best Food,
Friends & Programs
on**

BROADWAY

**Doors OPEN - 8:30am
at the earliest.**

If arriving before 8:30AM
Please wait in the Actor's
Chapel above senior center.



BREAKFAST CART

9AM TO 10AM

\$0.50 Coffee

Free Breakfast

Donated by

Community Restaurants

All Meals are prepared under strict
nutritional guidelines given by The
Department for the Aging (DFTA)

Served with each lunch:

- Milk: 1% or low-fat milk
- Whole Wheat Bread
- Margarine: Trans Fat Free (TFF)
- Coffee or Tea: If requested is \$.50

Coffee, Tea, & Soup

are outside DFTA requirements

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili con Carne White Rice Steamed Broccoli Apple Orange Juice	3 Chicken with Peach Sauce Roasted Potatoes Collard Greens with Tomato Apple Juice Pear	4 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Tossed Salad w/ Dressing Orange Pineapple Juice Orange	5 Turkey Drumsticks with Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello	6 Baked Salmon with Cilantro Citrus Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Tangerine Homemade Soup
9 CLOSED FOR COLUMBUS DAY	10 Chicken Parmesan Spaghetti with homemade tomato sauce Italian Blend Vegetables Apple Orange Pineapple Juice	11 Black Bean and Sweet Potato Chili (Vegetarian) White Rice Broccoli and Red Peppers Orange Juice Pear	12 Baked Breaded Chicken Baked Macaroni and Cheese Sautéed Spinach Apple Juice Pineapple Tidbits	13 Baked Fish with Black Bean Sauce Yellow Rice California Blend Vegetables Orange Homemade Soup
16 Beef and Broccoli Brown Rice Oriental Blend Orange Pineapple Juice Pear	17 Chicken Chasseur Baked Potatoes Steamed Kale Fruited Jello Orange Juice	18 Roast Beef Baked Potatoes Steamed Green Beans Apple Juice Homemade cake (TFF) Ice cream (SF)	19 Cranberry Chicken Corn Steamed Spinach Plum Orange Pineapple Juice	20 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes Broccoli and Red Peppers Kiwi Homemade Soup
23 Hungarian Goulash with Beef Egg Noodles Broccoli and Red Peppers Apple Orange Juice	24 Hawaiian Chicken Legs Baked Sweet Potato Oriental Blend Apple Juice Tangerine	25 Italian Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	26 Rosemary Chicken Roasted Potatoes California Blend Vegetables Orange Juice Fruited Jello	27 Baked Breaded Fish with Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Orange Homemade Soup
30 Stewed Beef Mixed Vegetables Smashed Red Potatoes Apple Juice Orange	31 Spanish Baked Chicken Cuban Rice Steamed Green Beans Orange Pineapple Juice Apricot (NJ)	<p>What's In Season? OCTOBER www.YellowTurtleFitness.com</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> PEARS. Supplies up to 1/4 of your daily Fiber requirement. Quercetin improves immunity; has antihistamine properties. May help with allergies and asthma.</p> </div> <div style="width: 45%;"> <p> PUMPKINS. Lots of filling Fiber, while being super low in calories—great for Weight Loss efforts! Beta-carotene and plant sterols help prevent certain cancers. Pumpkin seeds are excellent as LDL cholesterol reducing aid.</p> </div> </div>		