

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Baked Ziti with Meat Sauce Seasoned Cauliflower Tropical Fruit Alternate Option Chicken Noodle Soup Veggie and Cheese Wrap Tropical Fruit <i>Karaoke Monday Debut</i></p>	<p>3</p> <p>Chicken Alfredo Penne Pasta Spinach Salad Orange Alternate Option Lentil Soup Tuna and Lettuce Wrap Orange <i>Bingo for Prizes</i></p>	<p>4</p> <p>Meatloaf Mashed Potatoes Brussels Sprouts Diced Peaches Alternate Option Bean Soup Chicken Salad on Romaine Diced Peaches <i>Ignacio del Rio on Piano</i></p>	<p>5</p> <p>Bratwurst on a Bun Sauerkraut Mixed Vegetables Diced Fruit Alternate Option Barley Soup Fruit with Cottage Cheese on Romaine, Diced Fruit</p>	<p>Oktoberfest Luncheon 6</p> <p>German Pot Roast Red Potatoes Salad, Roll Apple Crisp Alternate Option Broccoli Soup, Chicken Pasta Salad on Romaine, Apple Crisp <i>Juergen Rosenfeld on Accordion</i></p>
<p>9</p> <p>Cheeseburger Potato Wedges Peas and Carrots Diced Peas Alternate Option Tomato Rice Soup Egg Salad Sandwich Peas and Carrots, Diced Peas</p>	<p>10</p> <p>Pork Roast with Gravy Egg Noodles Green Beans, Roll Apple Sauce Alternate Option Lentil Soup Cottage Cheese with Fruit on Romaine, Apple Sauce <i>Bingo for Prizes</i></p>	<p>11</p> <p>Herbed Chicken Gravy, Steamed Rice Broccoli Orange Alternate Option Minestrone Soup Tuna Salad Sandwich House Salad, Orange <i>Ignacio del Rio on Piano</i></p>	<p>12</p> <p>Barbecued Meatballs Baked Beans Cole Slaw Fruited Jello Alternate Option Corn Chowder Turkey and Cheese Sandwich Cole Slaw, Fruited Jello</p>	<p>13</p> <p>Roast Turkey with Gravy Candied Yams Mixed Vegetables Bread Dressing, Banana Alternate Option Beef Vegetable Soup Chicken Salad & Lettuce Wrap Banana <i>Mark Borgas on Guitar</i></p>
<p>16</p> <p>Pineapple Chicken Rice Fried Cabbage Ambrosia Alternate Option Broccoli Soup Tuna and Lettuce Sandwich Ambrosia</p>	<p>17</p> <p>Open Faced Roast Beef Gravy, Mashed Potatoes Broccoli Orange Alternate Option Vegetable Soup Egg Salad on Romaine Roll, Orange <i>Bingo for Prizes</i></p>	<p>18</p> <p>Fish Cake with Tartar Sauce Macaroni and Cheese Mixed Vegetables Fruit and Yogurt Alternate Option Tomato Soup Turkey and Cheese Sandwich House Salad, Fruit and Yogurt <i>Ignacio del Rio on Piano</i></p>	<p>19</p> <p>Chili with Beans House Salad Cornbread Diced Melon Alternate Option Chicken Tortilla Soup Cottage Cheese and Fruit on Romaine, Diced Melon <i>Dominique Oei on Piano</i></p>	<p>20</p> <p>Chicken Marsala Over Rice Green Beans Tossed Salad Apple Alternate Option Lentil Soup Tuna Salad on Romaine Roll, Apple <i>Mark Borgas on Guitar</i></p>
<p>23</p> <p>Fish Tacos Refried Beans Chuckwagon Corn Tropical Fruit Alternate Option Vegetable Soup Cottage Cheese with Fruit Tropical Fruit</p>	<p>24</p> <p>Chicken Chow Mein Rice Broccoli and Carrot Medley Apple Alternate Option Basil Tomato Soup Ranch Chicken Salad on Romaine, Apple <i>Bingo for Prizes</i></p>	<p>25</p> <p>Lasagna with Meat Sauce Mixed Vegetables Orange Alternate Option Broccoli Soup Tuna and Lettuce Wrap Orange <i>Ignacio del Rio on Piano</i></p>	<p>26</p> <p>Pork Loin with Roasted Apples, Rice Seasoned Peas Diced Fruit Alternate Option Corn Chowder Turkey and Cheese Sandwich Diced Fruit</p>	<p>27</p> <p>Stuffed Cabbage Mashed Potatoes House Salad Roll, Banana Alternate Option Split Pea Soup Egg Salad Sandwich Banana <i>Mark Borgas on Guitar</i></p>
<p>30</p> <p>Beef Stroganoff Egg Noodles Mixed Vegetables Pineapple Tidbits Alternate Option Minestrone Soup Chicken Salad on Romaine Pineapple Tidbits</p>	<p>Halloween Luncheon 31</p> <p>Chicken Bernaise Baked Potato House Salad Fruit and Yogurt Alternate Option Lentil Soup Cottage Cheese with Fruit on Romaine, Fruit and Yogurt <i>Cara Freedman on Guitar</i></p>		<p>Lunch served at noon.</p> <p>Senior 60+: \$4 donation.</p> <p>Under 60 years of age: \$8 fee.</p>	<p>Reservations are required. Please call 760.643.5288 by 1pm the previous day.</p> <p>No eligible person shall be denied a meal because of failure or inability to contribute.</p>

(*) High Sodium Menu 300-500mg (**) More than 500mg Sodium

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