

Senior Meals and Services	<b>Noon Meal Calendar</b> For Espresso Café - Cando <b>Call 968-3809 The Day Prior for Reservation</b>				<b>Month of October 2024</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1	2 <b>LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas</b>	3	4 Bread Minestrone Soup Ham/Swiss Sandwich Salad/Dressing Mandarin Oranges	
7 Bread Meatloaf Scalloped Potatoes Green Beans Fruit Salad	8 Garlic Toast Baked Pork Chops Garlic Mashed Potatoes Roasted Brussel Sprouts Apple Sauce	9 <b>Menus subject to change upon availability</b>	10	11 Bun Sloppy Joes Baked Beans Tater Tots Fruit Cocktail	
14 Bread Caprese Chicken Lemon dill Orzo Wax Beans and Red Peppers Tropical Fruit	15 Hot Dog Bun Brats/Kraut Tater Tots Cucumber Salad Pears	16	17	18 Breadstick Breaded Eggplant Angel/Marinara Corn Jello w/fruit	
21 French Toast Turkey Sausage Patty Hashbrown Patty Cantaloupe	22 Dinner Roll Ham Cheesy Potatoes Candied Carrots Grapes	23	24	25 Bread Beef Stroganoff Corn Salad/Dressing Pineapple	
28 Breadstick Baked Fish & Dill Sauce Italian Pasta Salad Squash Medley Peaches	29 Garlic Toast Parmesan Chicken Penne Pasta/Marinara Mixed Vegetables Blueberry Cobbler	30	31		
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.				<b>Age 60 and over: Suggested Contribution for Congregate and Home Delivered Meals is \$5.00, Contribute as you are able.</b> Those under 60 or who do not complete a registration form must pay \$14.79.	