



## GLOUCESTER COUNTY SENIOR NUTRITION PROGRAM MENU – OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Beef Pepper Steak Peppers and Onions Oriental Mix Vegetables Roll Mandarin Oranges 2% Milk	3. Chicken Vegetable Soup w/Crackers Roast Pork w/Gravy Paprika Potatoes Harvard Beets Bread Rice Pudding 2% Milk	4. Cheese Omelet Roasted Potatoes, Peppers and Onions Spinach Bread Fruit Cup 2% Milk	5. Cream of Broccoli Soup w/Crackers Chicken Caesar Salad Pasta Salad Dinner Roll Oatmeal Cookies 2% Milk	6. Beef Cheeseburger Hamburger Roll Buttered Corn Green Beans Apple Cobbler 2% Milk
9. Sliced Ham w/Pineapple Sauce Mashed Sweet Potatoes Cabbage Bread Chocolate Chip Cookies 2% Milk	10. Vegetable Soup w/Crackers Beef Swedish Meatballs w/Gravy Buttered Noodles Broccoli Bread Banana 2% Milk	11. Riblet w/BBQ Sauce Sautered Onions Buttered Corn Green Beans Sandwich Roll Mandarin Oranges 2% Milk	12. Lentil Soup w/Crackers Chicken Salad Hoagie Carrot Raisin Salad Fruited Jell-O 2% Milk	13. Roasted Turkey w/Gravy Bread Stuffing Glazed Carrots Bread Fruit Salad 2% Milk
16. Kielbasa Sauerkraut Baked Beans Green Beans Hot Dog Roll Canned Peaches 2% Milk	17. Sweet and Soul Chicken Peppers and Onions Brown Rice Japanese Vegetables Roll Vanilla Pudding 2% Milk	18. Escarole Soup w/Crackers Roast Beef w/Gravy Mashed Potatoes Peas and Carrots Bread Banana 2% Milk	19. Chicken Caesar Salad Pasta Salad Bread Pineapple 2% Milk	20. Beef Meatballs Baked Cheese Ziti Sautered Spinach Hoagie Roll Pears 2% Milk
23. Beef Meatloaf w/Gravy Mashed Potatoes Harvard Beets Bread Fruit Cocktail 2% Milk	24. Beef Cheese Steak Sandwich Fried Onions Hoagie Roll Succotash Banana 2% Milk	25. Pea Soup w/Crackers Crab Cake Macaroni and Cheese Stewed Tomatoes and Zucchini Hamburger Roll Cake 2% Milk	26. Turkey Hoagie Potato Salad Applesauce 2% Milk	27. Chicken Florentine w/Sauce Rice Carrots Tossed Salad Bread Orange Sherbet 2% Milk
30. Beef and Macaroni w/Sauce Mixed Vegetables Sandwich Roll Fruit Cocktail 2% Milk	31. Cheese Omelet Roasted Potatoes Peppers and Onions Spinach Bread Mandarin Oranges 2% Milk			

**MENU SUBJECT TO CHANGE**

