

CLARENCE SENIOR CENTER
Sign up for lunch on the Nutrition
Board one week in advance.

OCTOBER

633-5138
To cancel a reservation
Please call the office.

Mon	Tue	Wed	Thu	Fri
2 Breaded Chicken Breast w/Penne Pasta Cacciatore Sauce Sliced Carrots Green Peas 779 Rice Krispie Squares	3 Sliced Turkey/Gravy Mashed Potatoes Green Beans w/Red Pepper Stuffing Lemon Cake 748	4 Cavatappi w/Meatballs and German Sauce California Blend Veg. Grape Juice Oatmeal Raisin Cookies 884	5 Cheese Omelet w/Cheese Sauce Home Fries Seasoned Spinach Blueberry Muffin Square Fresh Orange 783	6 Chx Salad w/Cranberries Romaine Blend and Lettuce w/Classique Dressing Cherry Tomatoes/Carrots Dinner Roll 695 Cherry Gelatin w/Pineapple
9 CENTER CLOSED	10 Ham Steak w/Pineapple Sauce Oven Browned Potatoes/Red Pepper and Onion Mashed Squash 827	11 Knockwurst w/Kraut Harvard Beets Egg Noodles in Cream Sauce Apple Juice Peach Kuchen 865	12 Egg Salad on a Wheat Roll Chicken Noodle Soup Green Peas Pineapple Tidbits 663	13 Chicken Leg Quarter w/BBQ Sauce Mashed Potatoe Carrots Dinner Roll Fresh Banana 740
16 Pork Stew w/Vegetables Mashed Potatoes Biscuit Tropical Fruit Cup 686	17 Veal Parmesan w/Tomato Sauce & Mozzarella Cheese Penne Pasta Chef Salad 929 Lemon Vanilla Pudding	18 Breaded Chicken Drumsticks Scalloped Potatoes Broccoli Rye Bread 923 Spice Cake/w Frosting	19 Sliced Ham Cassoulet Seasoned Spinach White Bean Cassoulet Brown Rice Fresh Orange 637	20 Meatloaf w/Gravy Mashed Potatoes Sliced Carrots Wheat Dinner Roll Pumpkin Bavarian 708
23 Polish Sausage AuGratin Potatoes Bavarian Red Cabbage Hot Dog Roll Apple Crisp 817	24 Turkey Tetrizzini Broccoli Corn Penne Pasta Lorna Doones 613	25 Salisbury Steak w/Gravy Lima Bean Bake Carrots Wheat Bread Mandarin Oranges 724	26 Baked Chicken Thigh Mashed Squash Green Peas Bread Dressing Rice Pudding w/Cinn.& Raisins 778	27 Vegetable Quiche w/Cheese Sauce Home Fries Wheat Dinner Roll Cherry Gelatin w/Pears 965
30 Beef Macaroni Casserole w/Cheddar Cheese Fiesta Corn Dinner Roll Pineapple Tidbits 757	31 Sliced Roast Beef Mashed Sweet Potatoes w/Apples & Raisins Green Beans Chocolate Donut 1024	1 Macaroni, Cheese & Chicken Casserole Broccoli Pineapple Juice Rye Bread Peach & Pear Cup 908	2 Breaded Chicken Breast w/Scaloppini Sauce Chef Salad w/Dressing Slice Carrots Fresh Orange 757	3 Hamburger w/Gravy/Roll Oven Browned Potatoes w/Red & Green Peppers/Onions Stewed Tomatoes Strawberry Gelatin 837

The suggested donation for lunch is \$3.00 for those 60 years and older. Lunch for guests under the age of 60 is \$5.00.
Please arrive for lunch by 12:20 each day or your lunch may be cancelled.