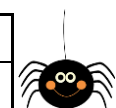


CLARENCE SENIOR CENTER LUNCH MENU OCTOBER 2022

Please call the office at 716-633-5138 to sign up or cancel lunch



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Breast with Marsala Sauce, Rice Pilaf Cauliflower & Carrots Grape Juice Chocolate Chip Cookies (686)	4 Soup & Salad Creamy Tomato Soup Macaroni & Cheese Chef Salad with Garbanzo Beans & Dressing Broccoli Florets Fruit Cocktail (707)	5 Oktoberfest Breaded Pork Chop with Apples German Potato Salad Brussels Sprouts Marinated Beet & Onion Salad Dinner Roll Chocolate Cake with Caramel Drizzle (610) Please be sign up by 9/28	6 Cheese Tortellini with Chicken & Creamy Roasted Red Pepper Sauce Italian Mixed Vegetables Chef Salad with Dressing Fresh Orange Chocolate Milk (626)	7 Salisbury Steak with Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (795)
10 <div style="text-align: center;">  COLUMBUS DAY </div>	11 Beef Pepper Steak Casserole over Rice Broccoli Florets Wax Beans with Carrot Butterscotch Pudding (645)	12 Penne Pasta with Tomato Sauce, Meatballs & Shredded Mozzarella Country Cottage Mixed Vegetables Chef Salad with Dressing Grape Juice Ambrosia (854)	13 Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce Chocolate Milk (718)	14 Beer-Battered Fish with Tartar Sauce Au Gratin Potatoes Stewed Tomatoes & Zucchini Coleslaw Rye Bread Brownie (829)
17 Cabbage Roll with Savory Meat Sauce Mashed Potatoes Corn Multigrain Bread Chocolate Pudding (733)	18 Entrée Salad Julienne Salad with Dressing Wheat Dinner Roll Tropical Fruit Chocolate Milk (658)	19 Beef Bourguignon over Brown Rice Cauliflower French Bean Medley Oatmeal Raisin Cookies (738)	20 Chicken Pasta Primavera Italian Mixed Vegetables Chef Salad with Dressing Fresh Grapes (549)	21 Lower Sodium Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Wheat Dinner Roll Pear Crisp (655)
24 Chicken Vegetable Casserole Broccoli Florets Warm Biscuit Fresh Apple Chocolate Milk (638)	25 Polish Sausage with Sauerkraut & Ketchup on a Bun Seasoned Diced Potatoes Carrots Gelatin with Fruit (766)	26 Soup & Sandwich Butternut Squash Soup Shredded Pork in Gravy on a Whole Wheat Roll Creamy Dill Cabbage Cinnamon Streusel Cake (816)	27 Lasagna Roll with Tomato Meat Sauce & Shredded Mozzarella California Mixed Vegetables Chef Salad with Dressing Dinner Roll Grape Juice Lemon Bavarian (883)	28 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)
31 Happy Halloween Breaded Chicken Drumsticks Cheesy Diced Potatoes Green Beans with Red Peppers Marinated Cucumber & Onion Salad Whole Wheat Dinner Roll Chocolate Éclair (842)	1 Entrée Salad Greek Chicken Salad with Dressing Dinner Roll Cinnamon Pear Crisp (868)	2 Baked Rigatoni with Italian Sausage, Tomato Sauce & Shredded Mozzarella Broccoli Florets Chef Salad with Dressing Dinner Roll Peach Bavarian (712)	3 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (678)	4 Teriyaki-Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Pear Chocolate Milk (640)