






Livingston County
Office for the Aging
Senior Nutrition Program
(585) 243-7520

OCTOBER 2021

Please be sure to notify us at 243-7520 if you will not be home at delivery time. Make sure coolers contain ice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/01	 <p><i>"Listen! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves!"</i> - Humbert Wolfe</p> 				Philly Steak Hot Dog Bun Capri Blend Vegetables O'Brien Potatoes Pineapple Margarine 1% Milk
10/04-10/08	Apple & Onion Pork Loin Au Gratin Potatoes Peas Wheat Bread Slice Pears Margarine 1% Milk	Chicken Alfredo Bowtie Pasta tossed in Alfredo Broccoli Wheat Roll Chocolate Chip Cookie Margarine 1% Milk	Pot Roast w/ Gravy Mashed Potatoes Carrots Grape Juice Brownie Margarine 1% Milk	Goulash Collard Greens Capri Blend Vegetables Wheat Bread Slice Peaches Margarine 1% Milk	Roasted Fish w/ White Beans & Olives Jasmine Rice Snap Peas Wheat Bread Slice Strawberries & Cream Margarine 1% Milk
10/11-10/15	CLOSED FOR 	Teriyaki Chicken White Rice Broccoli Wheat Roll Mandarin Oranges Margarine 1% Milk	Meatloaf w/ Gravy Mashed Potatoes Capri Blend Vegetables Wheat Bread Slice Pears Margarine 1% Milk	Lasagna Roll w/ Marinara Lima Beans Carrots Wheat Bread Slice Rice Krispy Treat Margarine 1% Milk	Honey Dijon Ham Steak w/ Sauerkraut Au Gratin Potatoes Green Beans Wheat Bread Slice Chocolate Pudding Margarine 1% Milk
10/18-10/22	Swedish Meatballs Egg Noodles Corn Orange Juice Pineapple Margarine 1% Milk	Chicken w/ French Onion Sauce Rice Pilaf Succotash Wheat Roll Peaches Margarine 1% Milk	Chili Capri Blend Vegetables Green Beans Corn Bread Applesauce Margarine 1% Milk	Vegetable Lasagna Roll Up w/ White Sauce Spinach Carrots Wheat Bread Slice Mandarin Oranges Margarine 1% Milk	Braised Pork Cottage Cheese Hubbard Squash Sliced Beets Fruit Bar Margarine 1% Milk
10/25-10/29	Chicken Cacciatore Pasta tossed in Red Sauce Broccoli Wheat Bread Slice Pears Margarine 1% Milk	Veggie & Cheese Egg Bake Hash Spiced Apple Slices Wheat Bread Slice Cottage Cheese Margarine 1% Milk	Turkey Tetrazzini Spinach Carrots Wheat Bread Slice Peaches Margarine 1% Milk	Sloppy Joe Burger Bun Broccoli Mac & Cheese Butterscotch Pudding Margarine 1% Milk	Honey Bourbon Pork Loin Roasted Brussels Sprouts Capri Blend Vegetables Apple Juice Fruit Bar Margarine 1% Milk