

October's Menu – Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
 A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal.
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Please Remember: Covid-19 is Still a Concern Guidelines are changing every day as the pandemic continues to exist. Bring a face mask with you when visiting Broome County Senior Centers: masks are required. Vaccines are still available and easy to schedule. If you would like to schedule a vaccine, please call the Office for Aging at (607) 778-2411 .				Rotisserie Chicken 10/1 OR Pub Style Battered Fish Herb Roasted Potatoes Spinach Strawberry Fruited Gelatin
Pierogi w/Onions 4 California Blend Vegetables Applesauce Peanut Butter & Jelly Cookie	Beef Stroganoff 5 Over Noodles Cauliflower w/Parsley Strawberry Mousse	Meatball Parmesan 6 Sausage Pasta Soup Peaches Ice Cream Cup	Sliced Ham 7 Scalloped Potatoes Brussels Sprouts Apple Spice Cake	Tuna Fish 8 OR Pub Burger Baked Beans Red Potato Salad Chocolate Pudding
Macaroni & Cheese 11 Stewed Tomatoes French Cut Green Beans Mandarin Oranges	Swiss Steak 12 Over Mashed Potatoes Broccoli Florets Sugar Cookie	Chicken Salad Croissant 13 Baby Beets LF Cottage Cheese Pineapple	Chicken ala King 14 Over a Biscuit Carrots Grape Juice Carrot Raisin Bar	Chicken Breast Marengo 15 OR Herb Rubbed Pollock Mashed Potatoes Wax Beans w/Parsley Bread Pudding
Beef Stew over a Biscuit 18 Broccoli Florets Cranberry Juice Applesauce	Liver w/Onions OR 19 Chicken Breast Marsala Mashed Potatoes Italian Blend Vegetables Snickerdoodle Cookie	Halupki 20 Lemon Basil Chicken Breast Mashed Potatoes Wax Beans w/Pimento Chocolate Brownie	Swedish Meatballs 21 Over Buttered Noodles Peas & Carrots Pumpkin Cake	Broiled Fish w/Lemon 22 OR Grandma's Meatloaf Au Gratin Potatoes Cut Green Beans Pears
Chicken & Rice Bake 25 Carrots Cranberry Juice Ice Cream Cup	Rotisserie Chicken 26 Baked Potato Pea Salad Fruited Gelatin	Pub Burger 27 Macaroni & Cheese Three Bean Salad Banana	Beef Burgundy 28 Over Noodles Spinach Pineapple	Sausage w/Peppers 29 OR Pub Style Battered Fish Baby Red Potatoes Cut Green Beans Strawberry Shortcake

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging