

# Ukiah Senior Center Menu for October 2016



**SERVING TIME**  
11:30 a.m. - 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
				<b>Meatloaf</b> <b>Au Gratin Potatoes</b> <b>Mixed Vegetables</b> <b>Tossed Salad</b> <b>Fruit Cup</b> <b>Roll</b> <b>Peach Cobbler</b>
10	11	12	13	14
				<b>Lasagna</b> <b>Green Beans</b> <b>Tossed Salad</b> <b>Fruit Cup</b> <b>Garlic Bread</b> <b>Coconut Crème Pie</b>
17	18	19	20	21
				<b>Oven Fried Chicken</b> <b>Mashed Potatoes &amp; Gravy</b> <b>Mixed Veggies</b> <b>Coleslaw</b> <b>Fruit Cup</b> <b>Roll</b> <b>Chocolate Cake</b>
24	25	26	27	28
				<b>Sausage Links</b> <b>Hashbrowns w/ Gravy</b> <b>Biscuit</b> <b>Fruit Cup</b> <b>Stewed Tomatoes</b> <b>Cream Cheese Cinnamon</b> <b>Coffeecake</b>
31				

**MILK SERVED AT EACH MEAL    \$3.50 PER MEAL (suggested donation)    MENUS ARE SUBJECT TO CHANGE**