

Senior Meals Whitingham Municipal Center

OCTOBER MENU

Thursday, October 1st *Chicken cacciatore, over pasta, brussel sprouts, chicken & rice soup, Pudding*

Tuesday, October 6th *Meatloaf, mashed potatoes , grilled vegetables, cabbage soup, bread pudding*

Thursday October 8th *Eggplant Parmesan w/spaghetti, green beans, Julienne vegetables, fruit cocktail*

Tuesday, October 13th *Baked ham & baked beans, Candied carrots, tossed salad, cookie and fruit*

Wednesday October 14th Readsboro meal

Thursday, October 15th *Seafood Newburgh, broccoli & cauliflower, Rice, minestrone soup, brownie*

Friday, October 16th, Halifax Meal

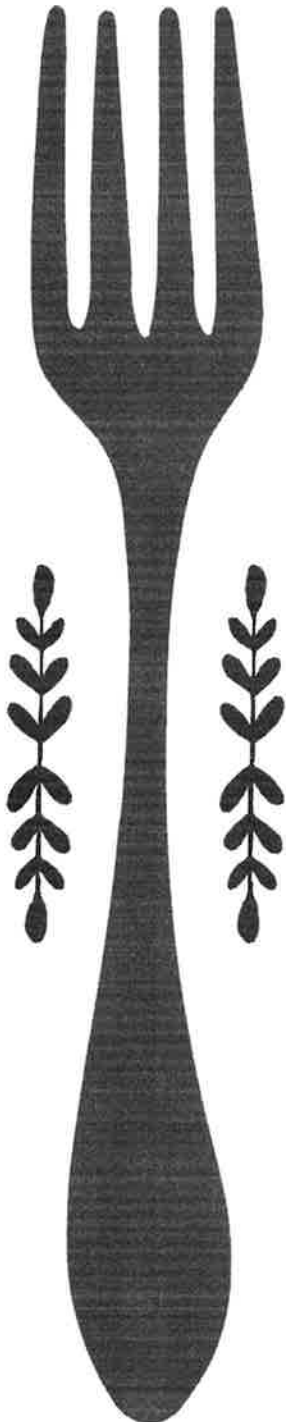
Tuesday, October 20th *Pot Roast, boiled potato, carrots & onions, tortellini soup, baked apples*

Thursday, October 22nd *Chicken pot pie, acorn squash, caprice salad, fruited jello.*

Tuesday, October 27th *Cheese Ravioli with white sauce, vegetable blend, butternut soup, fresh fruit*

Thursday October 29th *Ghostly Goulash, wormy noodles, squishy squash, Blood Salad (cabbage), Vampire birthday cake*

** Please note menu items subject to change due to availability



For information call Deerfield Valley Meals 802-368-7567
On Facebook "Deerfield Valley Senior Meals"
Tuesday & Thursday call between 9:30 & 10:30 to order
\$4 suggested donation 60+ ...Meal pickup at Noon.