

# October 2022

## VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL AND 60+ TAKE OUT MEALS (NOT HOME DELIVERED) IS A CHARGE OF \$5.00

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Herb Crusted Fish Baked Sweet Potato Creamed Peas Apricots Whole Wheat Dinner Roll	Cheeseburger Hotdish Candied Carrots Fresh Fruit Whole Wheat Dinner Roll	Ranch Chicken Breast Au Gratin Potatoes Steamed Broccoli Peaches German Chocolate Cake Whole Wheat Bread	Salisbury Steak Mashed Potatoes & Gravy Stewed Tomatoes Pears Whole Wheat Dinner Roll	Bronze Pork Loin Cheesy Whipped Potatoes Confetti Coleslaw Fruit Cocktail Molasses Cookie Whole Wheat Dinner Roll
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Creamed Chicken Smashed Potatoes Monte Carlo Vegetables Mandarin Oranges Whole Wheat Bread	Biscuits & Gravy Sausage Link Mixed Vegetables Fresh Fruit	Citrus Glazed Baked Fish Tartar Sauce Rice Pilaf Lettuce Salad w/Dressing Fresh Fruit Chocolate Chip Cookie	Lasagna Green Beans Mixed Berries Garlic Breadstick	BBQ Chicken Breast Potato Salad Corn Peach Crisp & Whipped Topping Whole Wheat Bun
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Smothered Pork Chop Mashed Potatoes Diced Beets Tropical Fruit Whole Wheat Bread	Chili Baked Potato w/Sour Cream California Blend Vegetables Peaches Corn Bread Muffin	Tuna Noodle Hotdish Creamy Cucumbers Mangos Hershey Brownie Sister Shubert Roll	Swedish Meatballs Mashed Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Dinner Roll	Teriyaki Chicken Brown Rice Garlic Ginger Green Beans Peach Kuchen Bar
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Beef Stew Steamed Cauliflower Pineapple Tidbits Biscuit	Herb Crusted Chicken Parmesan Garlic Potatoes Chateau Blend Vegetables Peaches Whole Wheat Dinner Roll	Scalloped Potatoes w/Ham Peas & Carrots Orange Jell-O w/Mandarin Oranges & Whipped Topping Whole Wheat Dinner Roll	Chicken Salad Tomato and Onion on a Whole Wheat Bun Pasta Salad Baked Beans Fresh Fruit	Tater Tot Hotdish Steamed Broccoli Pears Pumpkin Crisp Whole Wheat Dinner Roll
<b>31</b>				
Chicken Alfredo Whole Wheat Noodles Winter Blend Vegetables Fruit Cocktail Blonde Brownie				

NOVEMBER

