

# 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.*

**Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go.  
 Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of October.**

			<b>Roast Turkey</b> 10/1 Mashed Potatoes Peas & Corn Pumpkin Cookie	<b>Rotisserie Chicken</b> 10/2 <b>OR Salmon Patty w/Dill Sc.</b> Seasoned Couscous Carrots Fresh Banana
<b>Beef Stroganoff</b> 5 <b>Over Buttered Noodles</b> Carrots Fruit Cup	<b>Rotisserie Chicken</b> 6 <b>OR Halupki w/Tomato Sc.</b> Mashed Potatoes Broccoli Strawberry Mousse	<b>Pub Burger OR</b> 7 <b>Breaded Fish Sandwich</b> Baked Beans Baked Potato Chocolate Pudding	<b>Penne Pasta</b> 8 <b>w/Meatballs</b> Spinach Applesauce Muffin	<b>Broiled Fish w/Lemon</b> 9 <b>OR Swiss Steak</b> Buttered Noodles Peas Cranberry Orange Bar
<b>Meatball Sub</b> 12 Wax Beans w/Parsley Fruited Yogurt Cup Snickerdoodle Cookie	<b>Macaroni &amp; Cheese</b> 13 Italian Green Beans Stewed Tomatoes Frosted Banana Cake	<b>Herb Rubbed Pollack</b> 14 <b>OR Herb Chicken Thigh</b> Roasted Potatoes Carrots Cinnamon Apple Slices	<b>Chicken Salad OR</b> 15 <b>Ham &amp; Swiss Croissant</b> Macaroni Salad Diced Peaches Double Chocolate Cookie	<b>Chinese Pepper Steak</b> 16 <b>OR Lemon Pepper Pollock</b> Mashed Potatoes Sonoma Blend Vegetables Mandarin Oranges
<b>Bacon Cheddar</b> 19 <b>Omelet Bake</b> O'Brien Breakfast Potatoes Fruit Cup Blueberry Muffin	<b>Chicken Salad</b> 20 <b>Croissant</b> Cottage Cheese Gelatin Chocolate Chip Cookie	<b>Roast Turkey</b> 21 Apple Bread Stuffing Winter Squash Pumpkin Crisp	<b>Liver w/Onions OR</b> 22 <b>Rotisserie Chicken</b> Mashed Potatoes Peas Pineapple Tidbits	<b>Meatloaf w/Gravy</b> 23 <b>OR Broiled Fish w/Lemon</b> Scalloped Potatoes Green Beans w/Mushrooms Lemon Poppyseed Muffin
<b>Chicken a la King</b> 26 <b>Over a Biscuit</b> Broccoli Florets Cinnamon Apple Slices	<b>Meat Lasagna</b> 27 <b>w/Tomato Sauce</b> Spinach Gelatin	<b>Kielbasa w/Onions OR</b> 28 <b>Halupki w/Tomato Sc.</b> Mashed Potatoes Peas & Carrots Fresh Banana	<b>Spinach Parm Pollock</b> 29 <b>OR Herb Chicken Thigh</b> Brown Rice Pilaf Sonoma Blend Vegetables Vanilla Pudding	<b>Beef Stroganoff</b> 30 <b>OR Citrus Rubbed Pollack</b> Seasoned Couscous Carrots Carnival Cookie