

# SENIOR EAT *and* GREET October 2018

Steamboat	Steamboat		Steamboat	Steamboat
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti and Meatballs Garlic Bread Tossed Salad Fruit Salad	2 Cream of Asparagus Soup Mixed Green Salad Wheat Roll Pear	3	4 Chicken Tacos Spanish Rice Pinto Beans Fruit Mexican Salad Peanut Butter Bars	5 Sweet and Sour Pork Sesame Broccoli Fried Rice Wheat Roll Asian Salad Cookie
8 Chicken Alfredo Broccoli Roasted Red Peppers Caesar Salad Banana Apple Cobbler	9 Meatball Sub Potatoes Tossed Salad Oranges Sherbet	10	11 Sausage, Peppers, Onions Potatoes Coleslaw Tossed Salad Wheat Roll Chocolate Cream Pie	12 Shrimp Tacos Mixed Veggies Coleslaw Tossed Salad Banana Pudding
15 Sloppy Joe Sweet Potatoes Spinach Salad Chocolate Cupcake	16 Spinach Quiche Orzo Tossed Salad Wheat Roll Banana Peach Crisp	17	18 Pork Roast Scalloped Potatoes California Veggies Baked Apples Tossed Salad Raisin Nut Cup Chocolate Ice Cream	19 Chicken Enchilada Spanish Rice Black Beans Apple Slaw Banana Pudding
22 Baked Fish Mixed Veggies Wheat Roll Tossed Salad Cake	23 Chicken Pot Pie Mashed Potatoes Green Beans Tossed Salad Apple Brownie	24	25 Beef and Broccoli Rice Carrots Cucumber Salad Fortune Cookie Ice Cream	26 Breakfast Burrito Roasted Potatoes Tossed Salad Fruit Salad
29 Chicken Parmesan Noodles Italian Veggies Garlic Bread Caprese Salad Banana Split	30 Squash Soup Roast Beef Sandwich Tossed Salad Fruit Parfait	31	1 Flank Steak Mashed Potatoes Green Beans Tossed Salad Apple Pie Ice Cream	2 Ham and Beans Broccoli Cornbread Tossed Salad Mandarin Oranges

**Please call 970-879-0633 24 hours in advance for reservations.**

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis provided by Melanie Hendershott, R.D.

Lunch is served at noon at the following locations:

**Hayden/** American Legion Hall    **South Routt/** South Routt Community Center

**Steamboat Springs/** Steamboat Springs Community Center