

NorthWest Senior and Disability Services

Frozen Menu Cycle 424 October-December 2024

TRIO Community Meals

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Chicken Lo Mein <i>Pork Fried Rice</i> Mixed Vegetables Tropical Fruit Sprouted Wheatberry Bread Milk Margarine	Brunch for Lunch ✓ Cheese Omelet w/Cheese Sauce <i>Pork Sausage Gravy</i> Parslied Diced Potatoes Mixed Vegetables Sprouted Wheatberry Bread Fresh Banana Milk Margarine	Herbed Chicken Patty <i>w/Creamy Paprika Sauce</i> Western Beef Steak w/Country Gravy Whipped Potatoes Whole Kernel Corn Wheat Bread Milk Margarine	Spaghetti & Meat Sauce <i>Chicken Rice Bake</i> Spinach Mixed Vegetables Wheat Bread Milk Margarine	Around the World <i>New!</i> Beef Shawarma <i>Homestyle Turkey Patty</i> <i>w/Poultry Gravy</i> <i>New!</i> Lemon Rice Tomato & Corn Medley Mixed Vegetables Wheat Bread Milk Margarine
6	7	8	9	10
Chicken Spanish Rice Bake ✓ <i>Pasta Romanoff</i> Chuckwagon Corn Spiced Peaches Sprouted Wheatberry Bread Milk Margarine	✓ Cheese Lasagna Roll Up w/Marinara Sauce <i>Herbed Chicken Patty</i> <i>w/Cordon Bleu Sauce</i> Mixed Vegetables Tropical Fruit Sprouted Wheatberry Bread Milk Margarine	Creole Chicken <i>Meatloaf</i> <i>w/Brown Gravy</i> Whipped Potatoes Mixed Vegetables Sprouted Wheatberry Bread Milk Margarine	Around the World <i>New!</i> Chicken Thigh (Boneless) Cuban Citrus Mojo <i>Beef Patty w/BBQ Sauce</i> Pinto Beans Whole Kernel Corn Wheat Bread Fresh Banana Milk Margarine	Lima Beans & Turkey <i>Roast Pork</i> <i>w/Dijon Mustard Sauce</i> Whipped Potatoes Spinach Wheat Bread Milk Margarine
11	12	13	14	15
Herbed Chicken Patty w/Poultry Gravy <i>Breaded Pollock Fish</i> <i>w/Tartar Sauce (PC)</i> Whipped Potatoes Mixed Vegetables Wheat Bread Milk Margarine	Chicken in Peanut Sauce over Brown Rice <i>Beef Lasagna Casserole</i> Spinach Mixed Vegetables Wheat Bread Milk Margarine	Beef Tamale Pie Turkey Tetrizzini Chuckwagon Corn Pineapple Tidbits Sprouted Wheatberry Bread Milk Margarine	Ground Beef Stew ✓ Three Cheese Lasagna Mixed Vegetables Mandarin Oranges Wheat Bread Fresh Banana Milk Margarine	Beef Stroganoff <i>White Bean Chicken Chili</i> Glazed Carrots Whole Kernel Corn Wheat Bread Fresh Apple Milk Margarine
16	17	18	19	20
Chicken Pastina <i>Beef & Bean Chili</i> Whole Kernel Corn Mixed Vegetables Wheat Bread Milk Margarine	Shoyu Chicken Thigh <i>Sweet & Sour Pork</i> Brown Rice Peas & Carrots Broccoli Sprouted Wheatberry Bread Fresh Banana Milk Margarine	Chili Meatballs w/Spicy Tomato Sauce <i>Waikiki Chicken</i> Delmonico Potatoes Mixed Vegetables Sprouted Wheatberry Bread Fresh Banana Milk Margarine	Turkey Rice Bake <i>Mexican Pasta Bake</i> Spinach Tropical Fruit Sprouted Wheatberry Bread Milk Margarine	Bavarian Beef Stew ✓ <i>Spicy Southwest Pasta</i> Whole Kernel Corn Tropical Fruit Wheat Bread Milk Margarine
21	22	23	24	25
✓ Macaroni & Cheese <i>Chicken Brunswick Stew</i> Spinach Mixed Vegetables Wheat Bread Milk Margarine	Scalloped Potatoes & Turkey <i>Beef Rigatoni Bake</i> Mixed Vegetables Tropical Fruit Sprouted Wheatberry Bread Milk Margarine	Chicken A La King <i>Homestyle Pork Patty</i> w/Pork Gravy Whipped Potatoes Peas & Carrots Sprouted Wheatberry Bread Milk	Chicken Teriyaki Sandwich <i>Italian Sausage (link) Sandwich</i> Mixed Vegetables Chuckwagon Corn Tropical Fruit Hot Dog Bun Milk	Beef Frito Pie <i>Chicken Spaghetti</i> Whole Kernel Corn Mixed Vegetables Wheat Bread Fresh Apple Milk Margarine
Halloween Special	Halloween Special	Veteran's Day Special	Thanksgiving Special	Thanksgiving Special
Beef Patty w/Pepper Onion Gravy <i>Roasted Turkey</i> <i>w/Poultry Gravy</i> Whipped Potatoes Broccoli & Carrots Wheat Bread Milk Margarine	Chicken w/Paprika Cream Sauce <i>Beef Mushroom Patty</i> Garlic Whipped Potatoes Stewed Tomatoes Wheat Bread Milk Margarine	BBQ Diced Chicken Sandwich Hamburger w/Campfire Sauce Whole Kernel Corn Tater Tots Hamburger/Hot Dog Bun Milk Ketchup	Roasted Turkey w/Poultry Gravy <i>Sliced Ham</i> <i>w/Pineapple Glaze</i> Mashed Spiced Yams Green Beans Wheat Bread Milk	Salisbury Steak w/Brown Gravy <i>Roasted Turkey</i> <i>w/Poultry Gravy</i> Whipped Potatoes Green Peas Bread Dressing Milk
10/30	10/31	11/8	11/26	11/27
Holiday Special	Holiday Special	Holiday Special	New Year's Eve Special	
Roasted Turkey w/Poultry Gravy <i>Meatloaf</i> <i>w/Brown Gravy</i> Whipped Potatoes Sliced Carrots Wheat Bread Milk Margarine 12/12	Rotisserie Chicken <i>Baked Ham w/Raisin Sauce</i> Whipped Sweet Potatoes Green Beans & Carrots Wheat Bread Milk Margarine 12/13	Salisbury Steak Brown Gravy <i>Herbed Chicken Patty</i> <i>w/Cordon Bleu Sauce</i> Whipped Potatoes Broccoli Wheat Bread Milk Margarine 12/16	Teriyaki Meatballs Teriyaki Sauce <i>Breaded Chicken Patty</i> <i>w/Country Gravy</i> O'Brien Potatoes Glazed Carrots Wheat Bread Milk Margarine 12/31	

✓ denotes vegetarian option
New! denotes new item

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