



Senior Services of Northern Kentucky Chilled Menu - October 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BOX			1	2	3	
LUNCH	<p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</p> <p>Week 1 - Customer Service week</p> <p>Week 2 - Fire Prevention week</p> <p>Week 3 - Pastoral Care Week</p>	<p>October is:</p> <p>National Diabetes Month</p> <p>Breast Cancer Awareness Month</p> <p>Lupus Awareness Month</p> <p>Clergy Appreciation Month</p> <p>Adopt a Shelter Dog Month</p> <p>Domestic Violence Awareness Month</p>	<p>Sliced Deli Ham</p> <p>Baked Beans</p> <p>Broccoli</p> <p>Swiss American Cheese slice</p> <p>Bun</p> <p>Pineapple</p> <p>Mustard/Ketchup</p>	<p>Italian Chicken</p> <p>w/ Marinara Sauce</p> <p>Spaghetti</p> <p>Italian Vegetables</p> <p>Peas</p> <p>Cranberry Juice</p> <p>Sponge Cake</p>	<p>Salisbury Steak w/Gravy</p> <p>Parslied Potatoes</p> <p>Mixed Vegetables</p> <p>Whole Wheat Bread/Margarine</p> <p>Peaches</p> <p>Animal Cookies</p>	
CYCLE						
WEEK						
3				National Custodial Worker Day	World Smile Day - 1999	
BOX	6	7	8	9	10	
LUNCH	<p>Chili w/ Spaghetti</p> <p>Vegetable Medley (2 servings)</p> <p>Cheddar Cheese</p> <p>Saltine Crackers (2 pks)</p> <p>Pears</p>	<p>Country Fried Steak w/Gravy-9063</p> <p>Potato Wedges</p> <p>Green Beans</p> <p>Dinner Roll / Margarine</p> <p>Fresh Orange</p> <p>Chocolate Cake (uniced)</p>	<p>Italian Meatloaf</p> <p>Savory Tomato Sauce</p> <p>Spaghetti</p> <p>Italian Vegetables</p> <p>Pineapple Dessert</p>	<p>Ham & Cheese Sandwich</p> <p>Potato Salad</p> <p>Coleslaw</p> <p>Whole Wheat Bread</p> <p>Peaches</p> <p>Mustard</p>	<p>Baked Chicken w/ Gravy</p> <p>Herb Dressing</p> <p>Broccoli</p> <p>Cauliflower</p> <p>Whole Wheat Bread/Margarine</p> <p>Strawberry Applesauce</p>	
CYCLE						
WEEK						
4	Physician Assistant Day - 1967	Bald and Free Day	Emergency Nurses Day	Fire Prevention Day - 1911		
BOX	13	14	15	16	17	
LUNCH	<p>Chicken & Rice w/ Gravy - 9023</p> <p>Broccoli</p> <p>Carrots</p> <p>Whole Wheat Bread/Margarine</p> <p>Pears</p>	<p>Bar-B-Q Sauce with Shredded Beef - 9051</p> <p>Peas and Onions</p> <p>Peach Dessert</p> <p>Cole Slaw</p> <p>Bun</p>	<p>Roast Beef & Cheese Sandwich</p> <p>Swiss American Cheese</p> <p>3-Bean Salad</p> <p>Potato Salad</p> <p>Whole Grain White Bread</p> <p>Mixed Fruit</p> <p>Horseradish</p> <p>Mixed Fruit</p>	<p>Chicken Carmela</p> <p>in Savory Tomato Sauce</p> <p>Spaghetti</p> <p>Italian Vegetables (2 servings)</p> <p>Wheat Dinner Roll / Margarine</p> <p>Applesauce</p>	<p>Meatloaf w/Gravy</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Dinner Roll / Margarine</p> <p>Orange Juice (100%)</p> <p>Angel Food Cake</p>	
CYCLE						
WEEK						
5	Columbus Day			Bosses Day - 1958	HAPPY BIRTHDAY	
BOX	20	21	22	23	24	
LUNCH	<p>Grilled Chicken w/BBQ Sauce-</p> <p>Potato Wedges</p> <p>Broccoli with Cheese</p> <p>Bun</p> <p>Applesauce</p>	<p>Chicken Potato Casserole</p> <p>Broccoli (2 servings)</p> <p>Whole Wheat Bread / Margarine</p> <p>Apple Juice (100%)</p> <p>Animal Cookies</p>	<p>Beef Taco Salad</p> <p>Lettuce, diced Tomatoes</p> <p>Shredded Cheese, Sour Cream</p> <p>Corn</p> <p>Peach Dessert</p> <p>Tortilla Chips</p> <p>Mild Taco Sauce</p>	<p>Hawaiian Pineapple Ham</p> <p>Sweet Potato Patties (2 ea)</p> <p>Peas</p> <p>Dinner Roll / Margarine</p> <p>Orange Juice (100%)</p> <p>Sponge Cake</p>	<p>Baked Lemon Pepper Fish w/ Tartar Sauce - 9033</p> <p>Rice</p> <p>Vegetable Medley (2 servings)</p> <p>Fruit Cocktail</p> <p>Whole Wheat Bread/Margarine</p>	
CYCLE						
WEEK						
6		Babbling Day		TV Talk Show Host Day		
BOX	27	28	29	30	31	
LUNCH	<p>Pork Cutlet</p> <p>Red Skin Potatoes</p> <p>Vegetable Medley</p> <p>Whole Wheat Bread (2 pc)</p> <p>Margarine</p> <p>Fruit Cocktail</p>	<p>Spaghetti & Meatballs</p> <p>w/ Marinara Sauce</p> <p>Italian Vegetables</p> <p>Spinach / Vinegar</p> <p>Whole Wheat Bread / Margarine</p> <p>Peaches</p>	<p>Roast Turkey w/ Gravy</p> <p>Mashed Potatoes</p> <p>Vegetable Medley</p> <p>Dinner Roll / Margarine</p> <p>Applesauce</p> <p>Angel Food Cake</p>	<p>Summer Salad</p> <p>w/ Diced Eggs, Cheese,</p> <p>Grape Tomatoes, Broccoli Floret</p> <p>Saltine Crackers</p> <p>Pineapple Juice (100%)</p> <p>Animal Cookies</p> <p>Ranch Dressing</p>	<p>HALLOWEEN</p> <p>Swiss Steak - 9088</p> <p>(ch b) southwestern omelet</p> <p>w/Peppers, Onions</p> <p>Stewed Tomatoes</p> <p>O'Brien Potatoes</p> <p>Wheat Dinner Roll / Margarine</p> <p>Pears</p> <p>Graham Cracker Bug Bites</p> <p>Diet: same</p>	
CYCLE						
WEEK						
7	Navy Day - 1922				Frankenstein Friday - 1997	