

Senior Meals Whitingham Municipal Center

OCTOBER MENU

Tuesday, October 1st *Chicken pot pie, acorn squash, caprice salad, baked apples*

Thursday, October 3rd *Stuffed peppers, mashed potatoes
French Onion Soup, bread pudding*

Tuesday October 8th *Eggplant Parmesan w/spaghetti,
peas, Julienne vegetables, fruit cocktail*

Wednesday October 9th *Readsboro meal*

Thursday, October 10th *Baked ham, Candied carrots,
potatoes au gratin, tossed salad, cookie and fruit*

Tuesday, October 15th *Seafood Newburgh, Vegetable
Medley, Rice, New England Clam Chowder, Fruited Jello*

Thursday, October 17th **OCTOBERFEST** *Sauerbraten (Pot
Roast), Spaetzle (noodles), Sauerkraut, Green Beans, Cucumber
Salad, German Chocolate Cake.*

Friday, October 18th, *Halifax Meal*

Tuesday, October 22nd *Chicken ala'king, over ziti, mixed
vegetables, tomato soup, Pudding*

Thursday, October 24th *Meatloaf, mashed potatoes,
Brussel sprouts, tossed salad, pudding. VISITING NURSE*

Tuesday October 29th *Cheese Ravioli with spaghetti
sauce, corn vegetable blend, butternut soup, ice cream.*

Thursday, October 31st **Halloween Celebration**
Prizes for Costumes..... *Ghostly Goulash, wormy noodles,
squishy squash, Bloody Salad, Vampire birthday cake*

For information call Deerfield Valley Meals
Tuesdays and Thursdays 10:00 – 1:30. 802-368-7567
Tuesday 10 – 11:30 PingPong
Thursday 10:30 – 11:45 BINGO
\$4 suggested donation 60+ ...Meals served at Noon.

