

Senior Meals Whitingham Municipal Center

OCTOBER MENU

Tuesday, October 4th *Baked ham, sweet potatoes, dill carrots, tossed salad, ice cream*

Thursday October 6th *Baked white fish, broccoli & cauliflower, rice, chicken soup, brownie*

Tuesday, October 11th *Meatloaf, mashed potatoes, grilled vegetables, tomato soup, baked apple*

Wednesday October 12th Readsboro meal

Thursday, October 13th *Chicken Parmesan w/spaghetti, green beans, Caesar salad, pears & berries*

Friday, October 21st , Halifax Meal

Tuesday, October 18th *Cheese Ravioli with sausage, vegetable blend, chicken soup, fresh fruit*

Thursday, October 20th . *Chicken cacciatore, pasta, zucchini, minestrone soup, pudding*

Thomas from Senior Solutions will be here to help with Fuel Assistance Applications.

Tuesday, October 25th *Lemon Crusted Cod, rice, corn & blackbean mix, tossed salad, cookies*

Thursday October 27th HALLOWEEN
CELEBRATION ---- PRIZES FOR BEST COSTUMES
Ghastly Road Kill (beef stroganoff), wormy noodles, bloody beats, pasta salad, Scary Birthday Surprise

** Please note menu items subject to change due to availability

For information call Deerfield Valley Meals 802-368-7567
On Facebook "Deerfield Valley Senior Meals"
Tuesday & Thursday MEAL SERVED AT NOON
\$5 suggested donation 60+

