

Tri-Valley, Inc. October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Roast Pork Gravy Mashed Potatoes Jardinière Vegetables Fresh Fruit	4 Shepherd's Pie Peas Carrots Mandarin Oranges	5 Bacon Omelet O'Brien Potatoes Green Beans & Tomato Fruited Ambrosia Diet=SF Pudding Chicken Veggie Soup	6 Chicken Cacciatore Penne Pasta Italian Blend Vegetables Vanilla Mousse	7 <u>Catch of the Day</u> Baked Fish Tartar Sauce Lemon Seasoned Potato Peas & Mushrooms Peaches
10 Columbus Day <i>No Meals Served</i>	11 Pot Roast Stew Steamed Potatoes Succotash Mixed Fruit	12 Chicken a La King Wild Rice Brussels Sprouts Chocolate Mousse	13 Meatloaf & Gravy Garlic Mashed Potatoes Country Blend Vegetables Pears	14 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
17 Swedish Meatballs Egg Noodles Scandinavian Vegetables Pineapple	18 Buttermilk Chicken Yukon Gold Potatoes Mixed Vegetables Tapioca Pudding Diet=Tapioca Pudding	19 Pork with Apples Mashed Potatoes Tuscany Blend Vegetables Brownie Diet=Small Piece	20 Salmon Boat Garlic Mashed Potatoes Peas & Onions Mandarin Oranges Corn Chowder	21 Beef & Bean Chili Brown Rice Broccoli Fresh Fruit
24 Roast Turkey & Gravy Mashed Sweet Potatoes California Vegetables Pudding Diet Pudding	25 Pork Rib-i-que Hot Potato Salad Corn Niblets Strawberries	26 Cracker Crumb Fish Wild Rice Broccoli & Red Peppers Fresh Fruit	27 Stuffed Shells Italian Green Beans Carrots Birthday Cake Diet=Plain Cake	28 Garlic Herbed Chicken Mashed Potatoes Country Blend Vegetables Peaches
31 Beef w/Onion & Pepper Potato Wedges Coleslaw Yogurt	Menus are Subject to Change	<p>Meal Sites: Franklin 508 520-1422, Northbridge 508 234-2002, Spencer 508 885-3904 Upton 508 529-9094, Webster 508 949-6640, Southbridge 508 764-1489, Oxford 508 987-6000 Milford 508 478-8102, Uxbridge 774 482-6174, Sutton 508 234-0703, Sturbridge 508 347-5063 West Brookfield 508 867-1411</p> <p>Tri-Valley receives federal financial support under the Older Americans Act furnished by Central Mass Agency on Aging and the MA Office of Elder Affairs</p>		