

Tri-Valley, Inc. - October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Turkey w/ Gravy Mashed Potatoes Cranberry Stuffing California Blend Vegetables Applesauce	2 Stuffed Pepper Casserole Mashed Potatoes Carrots Oreos	3 Garlic Herbed Chicken Potatoes Au Gratin Peas & Pearl Onions Gingerbread Diet = Small Piece	4 Burger w/ Chili & Cheese Sweet Potato Fries Green Beans Pineapple	5 Breaded Fish Potato Wedges Mixed Vegetables Fresh Fruit
8 COLUMBUS DAY NO MEAL SERVED	9 Haddock w/ Parmesan Cheese Sauce Wild Rice Broccoli & Carrots Baked Apples	10 Hot Dog on Bun Baked Beans Cole Slaw Fresh Fruit Mustard	11 Chicken Pesto Lemon Seasoned Rice Country Blend Vegetables Fresh Fruit Cream of Tomato Soup	12 American Chop Suey Broccoli & Red Peppers Corn Peach Streusel Cake Diet = Small Piece
15 Ranch Chicken Red Bliss Potatoes Honey Glazed Carrots Fresh Fruit Blueberry Muffin	16 Beef w/ Onions & Peppers Potato Wedges Mixed Vegetables Yogurt	17 BBQ Pork Pie Peas Pears	18 Chicken Picatta Vegetable Couscous Roman Blend Vegetables Vanilla Pudding Diet = Diet Vanilla	19 Spaghetti & Meatballs Green Beans Cranberry Apple Crisp Diet = Applesauce
22 Fish w/ Crumb Topping Rice Pilaf Mixed Vegetables Mandarin Oranges	23 Greek Chicken Steamed White Rice Broccoli Bread Pudding Diet = Small Piece	24 Meatloaf & Gravy Garlic Mashed Potatoes Chuck Wagon Corn Fresh Fruit	25 Macaroni and Cheese Stewed Tomatoes Green Beans Birthday Cake Diet = Plain Birthday Cake	26 Chicken Pot Pie Mashed Potatoes Jardinière Vegetables Peaches
29 Beef Stew Steamed White Rice Corn Niblets Pineapple	30 Vegetable Cheese Bake Scalloped Potatoes Roman Vegetables Mixed Fruit	31 Happy Halloween Chicken Milano Yukon Gold Potatoes Beets Pumpkin Spice Mousse Cream of Carrot Soup	Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 508-987-6000, Southbridge 774-289-9438, Spencer 508-885-3904, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.	