

## Tri-Valley, Inc. - October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 774-289-2600, Southbridge 774-289-9438, Spencer 508-885-3904, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, W. Brookfield 508-867-1411</p>	<b>1</b>  <b>Burger</b> Chili & Cheese Green Beans Sweet Potato Fries Fresh Fruit Sandwich Roll	<b>2</b>  <b>Roast Pork with Gravy</b> Herbed Stuffing Country Blend Vegetables Fruited Ambrosia Italian Bread	<b>3</b>  <b>Turkey Supreme</b> Garlic Mashed Potatoes Roasted Brussels Sprouts Peach Crisp Diet = Applesauce Marble Rye Bread	<b>4</b>  <b>Chicken Drumsticks</b> Cranberry Stuffing Roman Blend Vegetables Yogurt Whole Wheat Bread
<b>Shepherd's Pie</b> Carrots Peas Fresh Fruit Marble Rye Bread	<b>8</b>  <b>Chicken Picatta</b> Delmonico Potatoes Mixed Vegetables Chocolate Mousse White Peasant Bread	<b>9</b>  <b>Meatloaf with Gravy</b> Mashed Potatoes Chuckwagon Corn Baked Apples Italian Bread	<b>10</b>  <b>American Chop Suey</b> Roasted Broccoli Bread Pudding French Bread	<b>11</b>  <b>Pork Rib-i-que</b> Macaroni and Cheese Green Beans Pineapple Sandwich Roll
<b>14</b>  <b>Columbus Day</b> <b>No Meal Served</b>	<b>15</b>  <b>Pinwheels</b> <b>with Marinara Sauce</b> <b>&amp; Meatballs</b> Green Beans Fresh Fruit Italian Bread	<b>16</b>  <b>Chicken Milano</b> Wild Rice Spinach Mixed Fruit Pumpernickel Bread	<b>17</b>  <b>Salisbury Steak</b> Garlic Mashed Potatoes Peas & Carrots Strawberries Sandwich Roll	<b>18</b>  <b>Potato Crunch Fish</b> Potatoes Au Gratin Scandinavian Vegetables Brownie/ Diet = 1/2 Piece Marble Rye Bread Tartar Sauce
<b>21</b>  <b>Pulled Pork</b> <b>with BBQ Sauce</b> Mashed Sweet Potatoes Brussel Sprouts Fresh Fruit Sandwich Roll	<b>22</b>  <b>Meatballs with Onion Gravy</b> Bowtie Pasta Honey Glazed Carrots Mandarin Oranges Peasant White Bread	<b>23</b>  <b>Vegetable Cheese Bake</b> Seasoned Potatoes Green Beans Yogurt Italian Bread	<b>24</b>  <b>BBQ Chicken</b> Red Bliss Potatoes Chuckwagon Corn Birthday Cake Diet = Half Piece Marble Rye Bread	<b>25</b>  <b>Teriyaki Beef</b> Steamed Rice Broccoli Fortune Cookie Pineapple Whole Wheat Bread
<b>28</b>  <b>Lasagna &amp; Meatballs</b> Green Beans Vanilla Pudding Diet = Dt. Vanilla Pudding Italian Bread	<b>29</b>  <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread	<b>30</b>  <b>Herbed Pork</b> <b>with Gravy</b> Cranberry Stuffing California Vegetables Apple Crisp Diet=Applesauce Marble Rye Bread	<b>31</b>  <b>Beef Patty</b> <b>with Onions &amp; Peppers</b> Yukon Gold Potatoes Mixed Vegetables Pumpkin Spice Cake Sandwich Roll	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.

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