

Breckenridge Monthly Meal Menu for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
NSI provides this service through a contract with the DSAAA with funding from the Federal older Americans Act through the Minnesota Board on Aging	01) Salmon Loaf Pork roast Mashed potato/gravy Carrots Banana Brownie	02) Tater Crust fish Meatloaf Scalloped potatoes Beets Cinnamon applesauce	03) Goulash Chicken & dumplings Broccoli Fruit juice Cake	04) Chicken Dumpling soup Salad Sandwich Dessert
07) Polish Sausage BBQ Ribette Baked potato Creamed peas Pudding	08) Chef Salad Tater tot hotdish Fruited gelatin Cookie	09) Salisbury steak Baked chicken Mashed potato/gravy Steamed broccoli Spice cake	10) Liver & onions Tater Crust fish Baked beans Potato salad Pudding/topping	11) Biscuits & gravy Scrambled eggs Fruit juice Fruit
14) Country pork chop Country fried steak Mashed potato/gravy Beets Peanut butter bar	15) Turkey Roast beef Mashed potato/gravy Baked squash Whipped jell-o	16) BBQ Ribette Chicken strips Au gratin potatoes California blend Cookie	17) Crispy Chicken Salad Beef Stroganoff Egg noodles Coleslaw Dinner roll Mandarin oranges	18) Chef Salad Muffin Juice Cookie
21) Creamy Chicken Breast Salisbury Steak Baked potato Green Beans Pudding/topping	22) Liver N onions Hot turkey Mashed potato/gravy Peas and carrots Strawberry shortcake	23) Taco Salad Baked ham Scalloped potatoes Corn Rosy pears	24) Country fried steak Swedish meatballs Parley boiled potatoes Mixed vegetables Lemon fluff	25) Soup Salad Sandwich Dessert
28) Chicken melt Fish patty/bun Potato casserole California blend Cookie	29) Goulash Chicken alfredo/pasta Garlic breadstick Carrots Mandarin oranges	30) Chicken Strips Pork Chop Mashed potato gravy Creamed corn Chocolate Fluff	31) Ham Pork Roast Mashed potato/gravy Creamed cabbage Halloween Cookie	This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change. Meals are served with low fat milk, bread, and margarine.

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Please call 218-643-5730 by 8:00 with changes or leave a message anytime.