

Breckenridge Monthly Meal Menu for October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change.	NSI provides this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging		- Please call by 8:00 with changes or leave a message anytime.	01) Soup Sandwich Salad Dessert
04) Chicken Strips Country fried steak Mashed potato/gravy Parsley Carrots	05) Spanish rice Tater tot hotdish Fruited gelatin Warm bread pudding	06) Ham Baked chicken Mashed potato/gravy Creamed spinach Spice cake	07) Fish/bun Cheeseburger/bun Potato wedges Green beans Pudding/topping	08) Taco salad Muffin Fresh fruit
11) Polish Sausage BBQ Ribette /bun Baked beans Potato salad Fruit cup	12) Liver N Onions Roast beef Mashed potato/gravy Baked squash Whipped jell-0	13) Fish Chicken strips Mashed potato/gravy California blend Cookie	14) Chef Salad Beef stroganoff Egg noodles Coleslaw Dinner roll Mandarin oranges	15) Soup Sandwich Salad Dessert
18) Country fried steak Salisbury steak Baked potato Green beans Pudding/topping	19) Cobb salad Hot turkey sandwich Mashed potato/gravy Peas and carrots Shrawberry shortcake	20) Salisbury Steak Baked ham Au gratin potatoes Corn Rosy pears	21) Cheamy chick. breast Country pork chop Mashed potato/gravy Beets Special K bar	22) Chef Salad Muffin Tropical fruit salad
25) BBQ Ribette Pepper steak Mashed potato/gravy Dill glazed carrots Lemon fluff	26) Chicken Strips Meatballs Mashed potato/gravy Mixed vegetables Brownie	27) Mac N Cheese Goulash Yellow Beans Breadstick Warm baked apples	28 Liver N Onions Baked chicken Baked potato Baked squash Cookie	Meals are served with low fat milk, bread, and margarine

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