

OCTOBER 2024 IN PERSON LUNCH MENU – DINE AT THE CENTER!

TO RESERVE YOUR MEALS, CALL **610-664-2366** by Previous Wednesday ALL MEALS COME WITH MILK (and sometimes Juice, where noted); VEG = No Meat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30	1	2	3 ROSH HOSHANA	4
NO LUNCHESES SERVED TODAY	SALISBURY STEAK w/ MUSHROOMS Broccoli with Red Peppers Roasted Potatoes Dessert: Sweet Muffin Whole Wheat Bread	CHICKEN TERIYAKI Asian Blend (Green Bean, Brocc, Pepper, Water Chestnut) Fried Brown Rice Dessert: Peaches Whole Wheat Roll	CENTER CLOSED NO LUNCHESES SERVED TODAY	SWISS CHEESE & TURKEY HAM OMELET Sautéed Spinach w/ Carrots Hashbrowns Dessert: Applesauce Whole Wheat Roll
7	8	9	10	11 YOM KIPPUR
SOUTH-WEST CHICKEN (Peppers, Onions, Cheddar Cheese) Salsa Rice w/ Black Beans Corn w/ Peppers Dessert: Pineapples Whole Wheat Bread	CRAB CAKE w/ MAC & CHEESE (Surimi (False Crab)) Marinated Tomatoes Onion Sal Broccoli & Cauliflower Dessert: Fruit Cocktail Whole Wheat Bread	CHICKEN FLORENTINE (Chicken Breast, Light Sauce, Spinach) Bowties Peas and Carrots Dessert: Berry Applesauce Whole Wheat Bread	RIGATONI w/ MEAT SAUCE (Ground Beef) Peas Warm Spiced Peaches Dessert: Fresh Orange	CENTER CLOSED NO LUNCHESES SERVED TODAY
14 COLUMBUS DAY / INDIGENOUS PEOPLES DAY	15	16	17	18
CENTER CLOSED NO LUNCHESES SERVED TODAY	BAKED TILAPIA w/ BASIL CREAM SAUCE Buttered Wide Noodles Peas and Carrots Dessert: Fresh Fruit Whole Wheat Bread	CHEESEBURGER w/ CARAMELIZED ONIONS Side Salad (Romaine, Tomatoes, Cucumber) Red Bliss Potatoes Dessert: Pears Whole Wheat Hamburger Roll	TORTELLINI w/ PEAS and GARLIC BUTTER SAUCE (VEG) (Ricotta Cheese, Mozzarella) Green Beans Warm Sliced Peaches and Pears w/ Crisp Topping Dessert: Choc Chip Cookie	GARLIC ROSEMARY SLICED BEEF Beets Collard Greens & White Beans Dessert: Mandarin Oranges Whole Wheat Bread
21	22	23	24	25
STUFFED SHELLS (VEG) (Ricotta Cheese, Mozzarella) Brussel Sprouts w/ Carrots Warm Apples Dessert: Pineapples	GARLIC DIJON CHICKEN THIGH Honey Whipped Sweet Potato Cole Slaw Dessert: Sweet Muffin White Bread	MEATBALLS w/ ONION GRAVY (Ground Beef / Chicken) Potato Cubes Green Beans Dessert: Fresh Orange Whole Wheat Bread	SWEET POTATO, PEPPERS & CHEESE OMELET Pumpkin Spiced Oatmeal Warm Cranberry Pears Dessert: Cinna Applesauce Whole Wheat Bread	CHICKEN ALFREDO w/ LIGHT CREAM SAUCE Penne Broccoli, Cauliflower and Carrot Dessert: Pears Whole Wheat Bread
28	29	30	31	November 1
LASAGNA ROLLUP (VEG) (Ricotta Cheese, Mozzarella) Side Salad (Romaine, Tomatoes, Cucumber) Cauliflower Dessert: Fresh Pear	SALISBURY STEAK w/ MUSHROOMS Broccoli with Red Peppers Roasted Potatoes Dessert: Sweet Muffin Whole Wheat Bread	HALLOWEEN SPECIAL! GHOULISH BEEF GOULASH WITCH'S BREW NOODLES (Buttered Rotini) EVIL EYE PEAS (Green Peas) BLACK MAGIC BROWNIE Dinner Roll and Apple Juice	BAKED TILAPIA w/ ROASTED RED PEPPER SAUCE Rotini Green Beans Dessert: Fruit Cocktail Whole Wheat Roll	SWISS CHEESE & TURKEY HAM OMELET Sautéed Spinach w/ Carrots Hashbrowns Dessert: Applesauce Whole Wheat Roll

"Pay if you wish" for these meals with a suggested, non-mandatory, anonymous donation of \$2. Those specific donations are sent to and support the Montgomery County Office of Senior Services.

Register online at <https://www.newhorizonsseniorcenter.org/meals-and-deliveries.html> or Call: (610) 664-2366