


\$3.00
Suggested Donation

October 2022

All menu items may contain nuts, seeds, beans, wheat, bran, and other allergens.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken & Brown Rice Soup Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding Marble Bread <i>(Egg Salad on Marble)</i>	4 Vegetable Beef Soup Teriyaki Pork Fried Rice Stir Fry Vegetables Tropical Fruit Naan Bread <i>(Seafood Salad on Naan Bread)</i>	5 Split Pea Soup Knockwurst w/Mustard Boiled Seasoned Potatoes Carrot & Cabbage Mix Coffee Cake Wheat Dinner Roll <i>(Fish Sand. On Wheat Hamburger Bun)</i>	6 Venus de Milo Soup Baked Fish w/Crumb Topping Baked Potato w/Lite Sour Cream Italian Blend Vegetables Jello 9-Grain Bread <i>(Turkey and Cheese on 9 Grain)</i>	7 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini Fresh Fruit Rye Bread <i>(Meatballs on a Grinder Roll)</i>
10 <u>CLOSED</u> Columbus Day	11 Onion Soup w/CROUTONS Meatloaf w/ LS Gravy Mashed Potatoes Mixed Vegetables Pudding Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i>	12 Chicken Escarole Soup Italian Style Chicken Cutlet Wild Rice Broccoli Cuts Shortbread Cookies Oatmeal Bread <i>(Tuna on Oatmeal)</i>	13 Vegetable Soup Fried Steak w/Country Gravy Crispy Cube Potatoes Brussel Sprouts Fresh Fruit Rye Bread <i>(Shrimp Salad on Rye)</i>	14 Red Chowder Stuffed Sole Red Bliss Mashed Potatoes Capri Blend Vegetables Sliced Peaches Wheat Bread <i>(Meatloaf on Wheat)</i>
17 Lemonade Low Sodium Hot Dog Baked Beans Scandinavian Blend Vegetables Spumoni Brown Bread <i>(Hamburger on a Roll)</i>	18 Chicken Soup w/Anci de Pepe Stuffed Cabbage Seasoned Brown Rice Carrots Diced Pears Sliced Italian Bread <i>(Turkey Salad on Italian)</i>	19 Pasta & Bean Soup Italian Sausage w/Mustard Peppers & Onions Sliced Seasoned Potatoes Fresh Fruit Marble Bread <i>(Meatball Sub)</i>	20 <u>Happy Birthday</u> Cream of Broccoli Soup Shepherd's Pie Asparagus Cuts Frosted Cupcake Wheat Bread <i>(Italian Grinder)</i>	21 Vegetable Beef Soup Turkey Meatloaf w/Cranberry Chutney Rice Pilaf Green Beans Lemon Pudding Rye Bread <i>(Tuna on Rye)</i>
24 Tomato Brown Rice Soup Sweet & Sour Pork Loin Capri Blend Vegetables Chocolate Chip Cookies 9-Grain Bread <i>(Turkey & Cheese on 9-Grain)</i>	25 Orange Juice Scrambled Eggs Baked Ham Home Fried Potatoes w/Ketchup Fruited Yogurt <i>(Italian Tuna/Roll w/Salad)</i>	26 Turkey Chili Soup BBQ Chicken Leg Corn Bread Tomato Cucumber Salad Tapioca Pudding Rye Bread <i>(Ham Salad on Rye)</i>	27 Barley Soup Veal/low sodium Mushroom Gravy Oven Roasted Potatoes Seasoned Spinach Fresh Fruit Marble Bread <i>(Roast Beef & Cheese/Marble)</i>	28 Red Chowder Country Crisp Fish w/Tartar Sauce Garlic Mashed Potatoes Sliced Carrots Frosted Brownie Wheat Bread <i>(Chicken Salad on Wheat)</i>
31 Goblin Chicken Soup Ravens Beef w/Mushrooms & Onions in Wine Sauce Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on Roll)</i>		<p style="text-align: center;">Thank you for your donations! Your donations help keep the program going.</p>	<p style="text-align: center;"><i>Reservations must be made one day in advance</i> <i>From 9:00-12:45</i> <i>Monday -Friday Only</i> <i>780-6134</i></p>	 <p style="text-align: center;">east bay community action program</p>