

**Area Agency on Aging Region X Menu Plan**

Oct-24

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>
	Cornbread Pork Cutlet	Biscuits and Gravy	Goulash w/ Tomatoes and Onion	Cook's Choice <i>Chili</i>
	Mashed Potatoes w/ Gravy	Sausage	Green Beans	<i>Corn</i>
	Broccoli	Scrambled Eggs	Dark Leafy Green Salad w/ Spinach	<i>Leafy Green</i>
	Fruit Cocktail	Hashbrown	Garlic Roll	<i>Crackers</i>
	Wheat Roll	Orange Juice	Pound Cake w/ Strawberries	<i>Cinnamon Rolls</i>
	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>
Salisbury Steak	Taco Salad (meat, cheese, & beans)	Creamy Potato Soup	BBQ Chicken	Beef & Noodle's
Mashed Potatoes w/ Gravy	Lettuce, Tomatoes, & Onions	Hot Ham & Cheese Sandwich	Mashed Potatoes & Gravy	Green Beans
Buttered Corn	Tropical Fruit	Dark Green Leafy Salad	Coleslaw	Salad w Tomatoes and Spinach
Dark Green Leafy Salad	Tostitos	Warm Cinnamon Apples	Peach Crisp	Wheat Roll
Pears/ Wheat roll	Pudding	Vanilla Ice Cream	Wheat Roll	Jello Fruit Fluff
Coffee/Tea/Milk	Coffee/ Tea Milk	Coffee/ Tea Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
<b>14th</b>	<b>15th</b>	<b>16th</b>	<b>17th</b>	<b>18th</b>
Stuffed Peppers	Fried Fish Filet Sandwich	Chicken Fried Steak/ white gravy	Oven Fried Chicken	Cooks Choice
Zucchini and Tomatoes	Green Beans	Mashed Potatoes	Mashed Potatoes & Gravy	
Mexican Corn	Spinach	Broccoli	Peas & Carrots	
Wheat Roll	Wheat Bread	Wheat Roll	Wheat roll	
Peaches	Tropical Fruit	Pears	Birthday Cake w/ Fruit	
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
<b>21st</b>	<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b>
Tater Tot Casserole	Ham and Beans	Open Faced Roast Beef Sand	Tuscan Chicken	Cheeseburger w/ Bun
Roasted Carrots	Roasted Potatoes w/ Onions	Mashed Potatoes / Gravy	Italian Blend Vegetables	Lettuce, Tomato, Onion, Pickle
Dark Green Leafy Salad	Spinach	Dark Green Leafy Salad w/ Spinach	Roasted Potatoes	Potato Wedges
Rosie Apple Sauce	Cornbread	California Blend Vegetables	Pears	Broccoli Salad
Garlic Roll	Peach Crisp w/ Vanilla Ice Cream	Warm Spiced Pineapple	Garlic Roll	Apple Salad
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
<b>28th</b>	<b>29th</b>	<b>30th</b>	<b>31st</b>	
Meatloaf w/ Ketchup	Hot Dog w/ Chili & Cheese	Chicken Tenders	Witches Brew Hungarian Beef Stew	
Mashed Potatoes w/ Gravy	Wheat Bun	Baked Potato w/ sour cream	w/ Carrots, Corn, and Green Beans	
Candied Carrots	French Fries	California Blend	Dark Green Leafy Salad	
Apricots	Cold Pea Salad	Wheat Roll	Brownie	
Wheat Roll	Sliced Peaches	Warm Cinnamon Apples	Garlic Roll	
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	

**The Center**  
 303 N. Main Street  
 P.O. Box 86  
 Carl Junction, MO 64834  
 (417) 649-6437