

# Northside

## Nutrition Center

### AT TWIN TOWERS

# OCTOBER

SENIORS OVER 60: \$5.00

UNDER 60: \$7.00

FISH FRIDAYS: \$7.00

Include: Fish, Tater Tots,  
Baked Beans, Coleslaw, Hush  
puppies, Dessert  
and Drink

SERVING TIME 11:00AM-12:30PM

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|    |   | <b>1</b><br>Chef Salad<br>Sweet & Sour Beets<br>WW Crackers<br>Jell-O<br>with Bananas  | <b>2</b><br>Herb Roasted<br>Chicken Legs<br>Potatoes<br>Green Beans<br>Hot Roll or Bread<br>Warm Cinnamon<br>Apples                   | <b>3</b><br>Pulled Pork<br>on Bun or Bread<br>Baked Potato<br>Broccoli Slaw<br>Fruit Salad  |
| <b>6</b><br>Swiss or Salisbury<br>Steak<br>Mashed Potatoes<br>Brussel Sprouts<br>Hot Roll or Bread<br>Peaches   | <b>7</b><br>Chicken<br>&<br>Dumplings<br>Spinach or Spinach<br>Salad<br>Warm Corn Salad<br>Bread OR Crackers<br>Mandarin Oranges | <b>8</b><br>Ham Slice<br>Scalloped or<br>Au Grain Potatoes<br>Green Beans<br>Bread or Hot Roll<br>Apple Crisp Topping                          | <b>9</b><br>Beefy Soft Tacos<br>Lettuce & Tomatoes<br>Refried Beans<br>Tropical Fruit   | <b>10</b><br>Vegetable Beef<br>Soup<br>Cheese Sandwich<br>on Bread<br>Oven Fried Okra<br>Mixed Fruit  |
| <b>13</b><br>Chicken Tender OR<br>Chicken Sandwich<br>on a Bun or Bread<br>Potato Wedges<br>Season Broccoli<br>Pineapple<br> | <b>14</b><br>Meatloaf<br>Potatoes<br>Green Beans<br>Hot Roll or Bread<br>Warm Cinnamon<br>Apples                                 | <b>15</b><br>Ham & Beans<br>Oven-Fried Potatoes<br>& Onions<br>Breaded or Stewed<br>Tomatoes<br>Cornbread &<br>Crackers<br>Cottage and Peaches | <b>16</b><br>Beef Tomato<br>Cabbage Scallop<br>California Blend<br>Vegetables<br>Hot Roll or Bread<br>Pears                           | <b>17</b><br>Season Baked<br>Chicken<br>Coleslaw<br>Baked Beans<br>Bread or Bun<br>Mandarin Oranges   |
| <b>20</b><br>Beefy Macaroni<br>Casserole<br>Pears<br>Glazed Carrots<br>Bread<br>Fruit Cocktail  | <b>21</b><br>Pork Roast or Loin<br>or Chop<br>Sweet Potatoes<br>Winter Blend<br>Vegetables<br>Hot Roll or Bread<br>Peach Crisp   | <b>22</b><br>Potato Soup<br>Ham & Cheese<br>Sandwich<br>on a Bun or Bread<br>Mixed Vegetables<br>Mandarin Oranges                              | <b>23</b><br>Chicken Parmesan<br>Pasta with Sauce<br>Italian Blend<br>Vegetables<br>Corn<br>Bread or<br>Breadsticks<br>Tropical Fruit | <b>24</b><br>Chili with Beef<br>& Beans<br>Peanut Butter<br>Sandwich on Bread<br>& Crackers<br>Baked Potato<br>Jell-O with Pears  |
| <b>27</b><br>Chicken or Turkey<br>& Dressing<br>Vegetable Blend<br>Beets<br>Bread<br>Warm Apples<br>with Raisins  | <b>28</b><br>Meatloaf<br>Green Beans<br>Okra and Tomatoes<br>Hot Roll or Bread<br>Peaches  | <b>29</b><br>Scrambled<br>Eggs/Sausage<br>Baked Hash Brown<br>Biscuit or Bread<br>Banana<br>Orange Juice or<br>Apple Juice                     | <b>30</b><br>Crisp Baked<br>Chicken<br>Potatoes<br>Glazed Carrots<br>Hot Roll or Bread<br>Mixed Fruit Crisp                           | <b>31</b><br>Hamburger or<br>Cheeseburger<br>Potato Wedges<br>Coleslaw<br>Bread or Bun<br>Mandarin Oranges<br> |