

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 2 STUFFED SHELLS 2 OZ TOMATO SAUCE 4 OZ BROCCOLI 4 OZ PINEAPPLE TIDBITS	2 8 OZ CHICKEN & DUMPLINGS 4 OZ BRUSSEL SPROUTS 4 OZ PEARS	3 NAT'L TACO DAY 4 OZ TACO MEAT 4 OZ SALAD 2 OZ CHEESE 4 OZ CORN AND BEANS 4 OZ JUICE 4 OZ ITALIAN ICE	4 1 PORTION ROASTED TURKEY 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ PEAS AND ONIONS 2 OZ CRANBERRY SAUCE 4 OZ MANDARIN ORANGES	5 1 CHICKEN FILET LETTUCE AND TOMATO 4 OZ COLESLAW 1 ROLL 4 OZ TROPICAL FRUIT
9 STRONG HOUSE OPEN CHEFS CHOICE	10 NAT'L ANGEL FOOD CAKE DAY 4 OZ CHICKEN TERIYAKI 4 OZ FRIED RICE 4 OZ ORIENTAL VEGETABLES 1 STRAWBERRY ANGEL FOOD SHORTCAKE	11 NAT' SAUSAGE PIZZA DAY 8 OZ SAUSAGE PIZZA CASSEROLE 4 OZ TOSSED SALAD 6 OZ FRUITED JELLO	12 1 LEMON BAKED COD 4 OZ ROASTED POTATOES 4 OZ BEETS 1 BANANA	13 3 OZ POT ROAST 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ CARROT COINS 4 OZ JUICE 4 OZ BREAD PUDDING
16 1 PORTION CHICKEN 2 OZ ORANGE SAUCE 4 OZ WILD RICE 4 OZ BRUSSEL SPROUTS 4 OZ MANDARIN ORANGES	17 NAT'L PASTA DAY 6 OZ LINGUINI 4 OZ BOLOGNESE SAUCE 4 OZ CAULIFLOWER 4 OZ TROPICAL FRUIT	18 NAT'L MEATLOAF DAY 1 PORTION MEATLOAF 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ PEAS AND CARROTS 4 OZ APPLE CRISP	19 4 OZ PULLED PORK 4 OZ PINEAPPLE SLAW 4 OZ PINEAPPLE CHUNKS 1 ROLL	20 4 OZ BAKED TILAPIA 2 OZ SAUCE 4 OZ ROASTED POTATOES 4 OZ ITALIAN BLEND 1 ORANGE
23 1 SALISBURY STEAK 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ MIXED VEGETABLES 4 OZ PEARS	24 6 OZ CHICKEN CACCIATORE 4 OZ RICE PILAF 4 OZ MIXED VEGETABLES 4 OZ MANDARIN ORANGES	25 BIRTHDAY LUNCHEON CHICKEN FAJITAS 4 OZ MEXICAN RICE 4 OZ CORN AND BEANS 2 TORTILLAS 4 OZ JUICE 1 PIECE BIRTHDAY CAKE	26 BAKED HAM SWEET POTATOES GREEN BEANS DINNER ROLL PINEAPPLE TIDBITS	27 3 OZ TURKEY LETTUCE & TOMATO 4 OZ COLESLAW 1 ROLL 1 BANANA
30 1 HOT DOG 4 OZ BAKED BEANS 4 OZ 3 BEAN SALAD 4 OZ PEACHES	31 HALLOWEEN 8 OZ BATS AND COBWEBS BAKE 4 OZ ITALIAN GREEN BEANS 4 OZ JUICE HALLOWEEN DESSERT			

(Menu subject to change without notice)

CLINTON – 48 East Main Street

OLD SAYBROOK – 220 Main Street

OLD LYME – 26 Town Woods Road

KILLINGWORTH – CONGREGATIONAL CHURCH - WEDNESDAYS ONLY

RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

Condiments are served as posted