**October 2018 Sandpoint Area Seniors, Inc. *Menu* Lunch is at 11:30am, Monday-Thurs.**

 **820 Main Street, Sandpoint, Idaho 83864 208.263.6860 Breakfast is at 8:30am, Fridays**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  **1.****Chicken Parmesan****Rice Pilaf****Broccoli****Salad Bar****Dessert**  |  **2.****Beef Enchiladas****Refried Beans****Peas****Salad Bar****Dessert** |  **3.****Baked Pork Chops****Mash/Gravy****Mixed Vegetable****Salad Bar** **Dessert** |  **4.****Oven Fish****Tater Tots****Spinach** **Salad** **Dessert** |  **5.** **French Toast** **Ham & Egg****Fruit & Juice**  |
|  **8.****Ham****Sweet Potatoes****Winterblend Veg.****Salad Bar****Dessert** |  **9.****Baked Salmon****Scalloped Potatoes****Brussels Sprouts****Salad Bar****Dessert** |  **10.****Chicken & Dumplings****Mixed Vegetable****Salad Bar****Dessert** |  **11.****Beef Stew/Veg.****Biscuits****Salad****Dessert** |  **12.****Quiche Lorraine** **Toast** **Hash Browns** **Fruit & Juice**  |
|  **15.****Spaghetti****Garlic Toast****Spinach****Salad Bar** **Dessert**  |  **16.****Meatloaf****Mashed Potatoes/Gravy****Winter Squash****Salad Bar****Dessert** |  **17.****Oven Baked Fish****Rice Pilaf****Mixed Vegs****Salad Bar** **Dessert** |  **18.****Honey Mustard  Chicken****Baked Potato****Carrots****Salad** **Dessert**  |  **19.** **Bacon & Eggs** **Hash Browns** **Toast** **Fruit & Juice**  |
|  **22.****Mac/Cheese/Ham****Peas and Carrots****Salad Bar****Dessert** |  **23.****Lasagna****Garlic Toast****Spinach****Salad Bar****Dessert** |  **24.** **Chicken Cordon Bleu****Couscous** **Broccoli****Salad Bar** **Dessert** |  **25.****Crumbed Baked Cod****Broccoli/Cauliflower Blend****Seasoned Red Potatoes****Salad *Birthday Lunch*****Dessert**  |  **26.** **Biscuits & Gravy** **Hash Browns** **Fruit & Juice** |
|  **29.****Tomato Soup****Grilled Cheese  Sandwich****Potato ChipsSalad Bar** **Dessert** |  **30.****Tempura Chicken****Rice****Oriental Veg****Salad Bar****Dessert**  |  **31.****Beef Stroganoff****Brussels Sprouts****Green Beans****Salad Bar *Halloween*****Dessert *Lunch*** | All meals provided by Sandpoint Area Seniors, Inc. meet one-third of the Recommended Daily Allowance, as defined by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences. |  |

**Thank You for joining our Meal Program! Our suggested donation for persons 60 and over is $4.00 (or whatever you can afford).**

**Guests under age 60 are charged $8.00 each (includes tax). Remember, whenever possible, a one-day advance meal reservation
is appreciated. Please call 208-263-6860, 8am-3pm, to make a reservation. Milk, Coffee, Tea and Bread are served with each meal.**