**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 Chips Salad 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.**