



GRAND COUNTY SENIOR NUTRITION

Menu for Granby and Kremmling

October 2017

Monday	Tuesday	Thursday
2nd	3rd	5th
Pork Chop Scalloped Potatoes Beets Applesauce Topped Spice Cake Whole Wheat Bread	Lemon Baked Salmon Rice Pilaf Tossed Salad Oriental Vegetables Cheese Biscuits Orange Sherbet	Chicken Noodle Soup Egg Salad Sandwich Tomatoes/lettuce Oranges
9th	10th	12th
Meatloaf/Gravy Baked Potato Brussel Sprouts Seven Layer Salad Fruit Cocktail Whole Wheat Bread	Roast Beef Mashed Potatoes/Gravy Green Bean Amandine Apricot Peach Compote Whole Wheat Bread	Sloppy Joes Sweet Potato Fries Creamy Coleslaw Peach Cobbler
16th	17th	19th
BBQ Pork Ribs Potato Salad Corn Broccoli Bake Applesauce Whole Wheat Bread	Beef Broccoli Stir Fry Lo Mein Noodles Asian Blend Vegetables Apples Whole Wheat Bread	Cheeseburger Lettuce/Tomato Baked Beans Coleslaw Oranges Peanut Butter Cookie
23rd	24th	26th
Cream of Potato Soup Wheat Crackers Tuna Salad Wrap Lettuce/Tomatoes OJ Pears	Spaghetti /Sausage Tossed Salad Tangerines Italian Bread Pineapple Upside Down Cake	Hot Chicken Salad Seven Layer Salad Ambrosia Salad Bananas Whole Wheat Bread
30th	31st	
Ham Baked Sweet Potatoes Green Bean Casserole Tossed Salad Frog Eye Salad Bananas Whole Wheat Bread	Oven Baked Chicken Mashed Potatoes Peas & Pearl Onions Waldorf Salad Whole Wheat Bread OJ	

Meals are served with coffee, tea and milk.

Suggested Donation for meal is \$3.00 for Seniors over 60.

All donations directly support this meal site and enable continuation of this nutrition program.

For meal reservations in Granby call 531-0290,

For meal reservations in Kremmling call 724-9730.