

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			COLD	
			Tuna Salad w/Lettuce & Tomato, Macaroni Salad, 3 Bean Salad, Wheat Bread, Diced Pears	Roast Beef in Gravy, Garlic Mashed Potatoes, Brussels Sprouts, Dinner Roll, Vanilla Ice Cream
5	6	7	8	9
		SOUP	*COLD*	
Pepper Steak w/Peppers & Onions, Brown Rice, Oriental Mix, Dinner Roll, Fresh Orange	Roast Pork in Gravy, Paprika Potatoes, Harvard Beets, Wheat Bread, Rice Pudding	Chicken Vegetable Soup, Meatloaf in Gravy, Mashed Potatoes, Carrots, Dinner Roll, Diced Peaches	Chicken Caesar Salad, Pasta Salad, Italian Dressing, Dinner Roll, Oatmeal Cookies	Cheeseburger, Buttered Corn, Italian Green Beans, Hamburger Roll, Apple Cobbler
12	13	14	15	16
				
			COLD	
	SOUP		Chicken Salad w/Lettuce & Tomato, Carrot Raisin Salad, Hoagie Roll, Fruited Jell-O	Roast Turkey in Gravy, Stuffing, Glazed Carrots, Wheat Bread, Tropical Fruit Salad
	Vegetable Soup, Swedish Meatballs in Gravy, Buttered Noodles, Broccoli, Wheat Bread, Fresh Banana	Riblet w/BBQ Sauce & Sautéed Onions, Buttered Corn, Green Beans, Roll, Mandarin Oranges		
19	20	21	22	23
		COLD	*COLD*	
Hot Dog w/Sauerkraut, Baked Beans, Cauliflower, Hot Dog Roll, Ketchup & Mustard Packets, Diced Peaches	Sweet & Sour Chicken w/Peppers & Onions, Brown Rice, Japanese Vegetables, Roll, Vanilla Pudding	Tuna Salad, Potato Salad, Cucumber Salad, Wheat Bread, Fresh Orange	Chef Salad w/Ham, Turkey, Egg, & Cheese, Lettuce & Tomato, Pasta Salad, Fresh Dressing, Diced Pineapple	Meatballs & Cheese Ziti in Marinara Sauce, Sautéed Spinach, Hoagie Roll, Diced Pears
26	27	28	29	30
SOUP		*SOUP*	*COLD*	*SALAD*
Meatloaf in Gravy, Mashed Potatoes, Beets, Wheat Bread, Brownie	Cheesesteak w/Fried Onions, Home Fried Potatoes, Succotash, Hoagie Roll, Fresh Banana	Pea Soup, Crab Cake, Macaroni & Cheese, Stewed Tomato & Zucchini, Wheat Bread, Ketchup & Tartar Sauce, Birthday Cake	Turkey Hoagie w/Lettuce & Tomato, Potato Salad, Mayo Packet, Fresh Apple	Chicken Florentine in Sauce, Rice, Carrots, Salad w/Italian Dressing, Wheat Bread, Sugar Cookies



Fun Facts

October 1st - National Homemade Cookies Day

With the average person consuming almost 19,000 cookies in a lifetime, it is no surprise why we celebrate National Homemade Cookies Day! Every year on October 1, bakers, homemakers, and cookie enthusiasts alike, preheat their ovens to serve up these delicious treats. With a variety of options to choose from, there is no limit to the types of cookies you can create in the comfort of your own home.

October 6th - National Noodle Day

National Noodle Day is on October 6 and we are getting ready to celebrate by doing the best thing possible with noodles... eating them! Can you believe that noodles have been around for over 4,000 years? Noodles are popular all over the world and range in shape from flat, to round, to twisted, to sheets, to tubes, and many more. They can be made from rice, buckwheat, wheat, with or without eggs and even now from zucchini.

October 12th - National Pulled Pork Day

Pork. Cooked. Slowly. Celebrate this classic Texas-style dish on National Pulled Pork Day. And bring along your favorite barbecue sauce! Fun fact: Back in 2016, Sonny's BBQ set the Guinness World Record for the "Largest Serving of Pulled Pork" – a hefty 2,012 pounds of this dish. Eventually, Sonny's decided – along with other BBQ industry members – to designate October 12 as National Pulled Pork Day. No matter what your sauce preferences may be – tomato-based, mustard-based, vinegar-based, etc. – just be sure to slather it on to help celebrate.

October 21st - National Apple Day

National Apple Day falls on October 21 and is a day dedicated entirely to celebrating all things apple: apple pie, apple sauce, apple crisp... The list goes on and on. This holiday reminds us to appreciate the apple in its myriad forms. On October 21st, pick out your favorite variety and celebrate with apple lovers across the world.

October 26th - National Pumpkin Day

National Pumpkin Day falls on October 26. Pumpkins are so much more than just a fun holiday accessory. Not only are they one of the best-known sources of beta-carotene (an antioxidant converted to vitamin A in the body), but pumpkins are loaded with fiber, potassium, and vitamin C. Try some on National Pumpkin Day (and of course have a little fun carving them).

*Source: <https://nationaltoday.com/october-holidays/>

Let us leave you with a smile

Which ghost is the best dancer? The Boogie Man!

How do you write a book about Halloween? With a ghostwriter!

What do the movies Halloween and Shrek have in common? Michael Myers!

What do you call a dancing ghost? Polka-haunt-us!

*Source: <https://www.jokes4us.com/holidayjokes/halloweenjokes.html>

The cost of a meal is \$7.85 or \$13.35 for two

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