



# City of Jacinto City Heritage Hall Senior Center October Menu



Remember to reserve your meal 2 days in advance.  
\$1.00 donation is requested for each meal.

Monday	Tuesday 10/1/2024	Wednesday 10/2/2024	Thursday 10/3/2024	Friday 10/4/2024
	Meatloaf Brown Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Oatmeal Cream Cookie Milk	Parmesan Chicken Parslied Penne Pasta Broccoli Dinner Roll Nutty Buddy Bar Milk	Picadillo Beef Yellow Rice Cilantro Lime Corn Flour Tortilla Lime Gelatin Milk Taco Sauce	Turkey and White Beans* Country Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine
10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
Beef Meatballs with Gravy Rice Herbed Green Beans Wheat Bread Oatmeal Cream Cookie Milk	BBQ Chicken Nuggets Oven Roasted Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Milk	Beef Hot Dog Baked Beans Broccoli Hot Dog Bun Fresh Fruit Milk Mustard	King Ranch Chicken Whole Kernel Corn Sliced Carrots Texas Bread Cherry Craisins Milk	Salisbury Beef Onion Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
Chicken and Sausage Gumbo+ Cajun Rice Medley Cabbage Texas Bread Fresh Fruit Milk	Beef Pepper Steak Scalloped Potatoes Green Beans Wheat Bread Fresh Fruit Milk	Turkey Breast with Gravy* Macaroni and Cheese Glazed Carrots Dinner Roll Chocolate Graham Crackers Milk	Beef Taco Pinto Beans Spanish Rice Flour Tortilla Birthday Cake Milk Taco Sauce	Honey Mustard Chicken Whipped Potatoes Diced Beets Wheat Bread Fresh Fruit Milk
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Meatloaf Tomato Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk	Baked Chicken with Gravy Lemon Herb Pasta Green Beans with Onions Wheat Bread Oatmeal Cream Cookie Milk	Beef Chili with Beans Rice Spinach Cornbread Fresh Fruit Milk Margarine	Ham and Black-Eyed Peas+ Whole Kernel Corn Broccoli Texas Bread Chocolate Pudding Milk	Turkey Noodle Casserole* Parslied Carrots Seasoned Cauliflower Wheat Bread Strawberry Craisins Milk
10/28/2024	10/29/2024	10/30/2024	10/31/2024	
Sweet and Sour Chicken Jasmine Rice California Vegetables Wheat Bread Fortune Cookie Milk	Sausage and Red Beans+ Dirty Rice Mixed Greens Cornbread Graham Crackers Milk Margarine	Swedish Beef Meatballs Penne Pasta Green Beans Texas Bread Fresh Fruit Milk	Lemon Pepper Chicken Lentils Catalina Vegetables Wheat Bread Fudge Cream Cookie Milk	* - Turkey + - Pork