



## KASC Daily Lunch Menu - October 2022

Contact us at (610) 444-4819 to reserve your meal by 3:00 pm Monday for the FOLLOWING week or sign up in the lunch binder.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>3</b> Meatloaf w/ Gravy Mashed Potatoes Green Beans Dinner Roll Chocolate Pudding Milk	<b>4</b> Breakfast for Lunch French Toast Casserole Sausage Breakfast Potatoes Fresh Fruit Milk	<b>5</b> Seasoned Chicken Brown Rice Brussel Sprouts Dinner Roll Pears Milk	<b>6</b> BBQ Pulled Pork Sandwich Oven Baked Fries Chicken Orzo Soup w/ crackers Pineapples Milk	<b>7</b> Chicken Stuffed w/ Broccoli and Cheese Mixed Veggies Brown Rice Peaches Milk
<b>10</b> Meatball Florentine Bake Italian Green Beans Garlic Knot Chocolate Cake Minestrone Soup w/ crackers Milk	 <p><b>11</b></p> <p><b>SIGN UP TO BRING A DISH</b></p>	<b>12</b> Glazed Ham Cream of Potato Soup Brussel Sprouts Wheat Bread Oatmeal Cream Pie Milk	<b>13</b> Lasagna Roll Up Parmesan Broccoli Dinner Roll Chocolate Chip Cookie Milk	<b>14</b> Beef Stroganoff Egg Noodles Mixed Veggies Wheat Bread Jello w/ Whipped Topping Milk
<b>17</b> Chicken Alfredo Noodles Winter Blend Veggies Peaches Milk	<b>18</b> Kielbasa Sauerkraut Pierogies Rice Pudding Lentil Soup Milk	<b>19</b> Chef Salad Roll Cupcake & Ice Cream Milk	<b>20</b> Veal Parmesan Sandwich Tuscan Blend Veggies Oatmeal Cookies Beef Noodle Soup Milk	<b>21</b> Swedish Meatballs Egg Noodles Brussel Sprouts Wheat Bread Fruit Crisp Milk
<b>24</b> Chicken Lo Mein Edamame Oriental Blend Veggies Vanilla Pudding Milk	<b>25</b> Roast Beef Sandwich Au jus Cole Slaw Cream of Broccoli Soup Orange Milk	<b>26</b> Chicken Cheesesteak Lettuce / Tomato Potato Salad Pears Milk	<b>27</b> Grilled Cheese Macaroni Salad Tomato Soup Oatmeal Raisin Cookies Milk	<b>28</b> Baked Penne Pasta Meatballs Romano Blend Garlic Bread Pineapples Milk
<b>31</b>  <p>Special Halloween Meal</p>	<p><b>PLEASE BE AWARE, MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.</b></p> <p>Lunch served at 12:00pm</p> <p>For those age 60+, a voluntary, confidential \$2.00 donation is requested. The cost of lunch for those under age 60 is \$5.53.</p>			

Membership is not required in order for individuals 60 and over to participate in this program. All residents 60 and older are invited to attend and enjoy a noontime meal. Meals provided by Chester County Dept. of Aging Services. **IMPORTANT NOTICE:** Lunch must be consumed at the Senior Center. For health and safety reasons, perishable food may not be removed from the Center. The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.