



KASC Daily Lunch Menu - October

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Open Faced Roast Beef Mashed Potatoes Carrots Wheat Bread Honeydew Milk	3 Garlic & Herb Tilapia Brown Rice Winter Blend Veggies Dinner Roll Sliced Apples Milk	4 Chicken Parmesan Penne Pasta Garden Salad Italian Bread Pears Milk	5 Turkey Club Salad Turkey, Bacon, Egg, Cheddar Lettuce, Tomato, Cucumber, Carrot Roll Mandarin Oranges	6 Grilled Turkey & Swiss Tomato Soup Carrot Raisin Salad Cantaloupe Milk
9 Penne Pasta w/ Meatballs Green Beans Italian Bread Pineapples Milk	10 Turkey Pot Pie with Biscuit Mixed Vegetables Gravy Sweet Potatoes Applesauce Milk	11 Roast Chicken Brown Rice Creamed Spinach Dinner Roll Cantaloupe	12 Meatloaf Mashed Potatoes Gravy Green Beans Dinner Roll Watermelon Milk	13 Tuna Platter Lettuce & tomato Cucumbers Crackers Chicken Orzo Soup Oatmeal Crème Pie Milk
16 Breakfast for Lunch Scrambled Eggs Sausage Hashbrown Potatoes Muffin Fresh Fruit Milk	17  Ground Turkey Tacos	18 Meatball Sandwich Green Beans Garden Salad Chocolate Pudding Milk	19 Pulled BBQ Chicken Sandwich Oven Baked Fries Carrot Raisin Salad Mandarin Oranges Milk	20 Chicken Salad Sandwich Lettuce / Tomato Cole Slaw Soup Watermelon Milk
23 Breaded Fish Filet Rice Pilaf Winter Blend Veggies Angel Food Cake Sliced Strawberries Milk	24 Swedish Meatballs Egg Noodles Green Beans Wheat Bread Fruit Crisp Milk	25 Sausage w/ Peppers And Onions Club Roll Potato Salad Fresh Fruit Cup Milk	26 Baked Chicken Cornbread Casserole Brussel Sprouts Peaches Oatmeal Raisin Cookie Milk	27 Chef Salad Turkey, Ham, Cheese, Romaine, Carrots, Cucumber, Tomato Dinner Roll Ice Cream Cup Milk
30 Garlic & Herb Tilapia Brown Rice Winter Blend Veggies Dinner Roll Sliced Apples Milk	31 HAPPY HALLOWEEN  WITCH'S BREW STEW	Lunch is served at 12:00 pm PLEASE BE AWARE, MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.	 Chester County Department of Aging Services	For those age 60+, a voluntary, confidential \$2.00 donation is requested. The cost of lunch for those under age 60 is \$5.70.

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.