

Meals are subject to change

FSR Senior Café Menu

October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations, please call by 2 pm the day before your meal. 507-287-2010</p>		<p>Due to the conference room schedule, inside dining will start at 11:45 in October</p>	<p>1 Sweet Pepper Steak Brown Rice Yellow Beans/Toss Salad Fruit Cocktail Cake *Diab: Mix Fruit Cup</p>	
	<p>6 Garlic Season Pork Loin Roast Potato/Grn Beans Muffin Baked Apple</p>	<p>7 Chick Breast/Dumpling Cole Slaw/Asparagus Mandarin Orange Dessert *Diab: Mandarin Orange</p>	<p>8 Hamburger Gravy/Noodle Parsley Carrots Apple Cranberry Crisp *Diab: Applesauce</p>	
	<p>13 Chick Noodle Soup Egg Salad Sand Carrot Coin Salad Choc. Cherry Bar *Diab: Cookie</p>	<p>14 Beef Goulash/3 Bean Sld Beet Pickles Garlic Bread Fresh Apple</p> 	<p>15 Taco Casserole/Corn Corn Bread Cherry Crunch Dessert *Diab Peaches</p>	
	<p>20 Beef Stew/Muffin Seafoam Salad Rice Krispie Bar *Diab: Cookie</p>	<p>21 Cream Broccoli Soup Chicken Salad/Cracker Strawberry Short Cake *Diab: Fruit Cup</p>	<p>22 BBQ on Bun/Bkd Beans Oven Brownd Potato Apple Crisp *Diab: Fruit</p>	
	<p>27 Taco Salad w Cheese Tostado Chips Grapes Cookie/Bar *Diab: Cookie/Bar</p>	<p>28 Chicken Alfredo Lasagna Mix Salad/Garlic Bread Pineapple Slice Pudding *Diab: Mandarin Orange</p>	<p>29 Roast Pork Mashed Potato/Gravy Fresh Squash Fruit Cocktail Cake *Diab: Fresh Fruit</p>	