


Meals are subject to change

FSR—Senior Café—Rochester/Byron

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Roast Beef Mashed potatoes/Gravy Broccoli/Cauliflower Banana	Cheese & Ham Strata Orange Juice Muffin w/Marg Yogurt Fruit Cup	To reserve a meal, call Family Service Rochester at 507-287-2010	<i>Make Meal Reservations... By 2pm the day before By 2pm Friday for Monday meal</i>
7	8	9	10	11
Baked Ham Alt: Chicken Breast Baked Sweet potato Green Bean Casserole Flavored Ice Cream *Diab Vanilla Ice Cream	ROCHESTER BINGO Garlic Seasoned Pork loin Oven Roasted Potatoes Green Beans/Mushrooms Muffin w/Marg Baked Apple	Salisbury Steak Mashed Potatoes Brussel Sprouts Lemon Chiffon Pie *Diab Angel Food Cake	LOCATIONS Rochester Senior Café FSR-South Byron Senior Café Comm. Ed. Ctr.	BINGO! See schedules below
14	15	16	17	18
Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Mixed Fruit Cup	Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert With whipped topping *Diab Peaches	BYRON SENIOR CLUB Call Joni to RSVP 507-319-4306	Meals served.... <i>Monday & Tuesday Rochester—11:30 Wednesday Byron—12:00</i>	<u>ROCHESTER</u> <u>BINGO</u> Oct. 8 & 22 12:30-1:30 pm
21	22	23	24	25
Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab Pear Cup	ROCHESTER BINGO Cream of Broccoli Soup Crackers Chicken Salad on a bun Strawberry short cake/top *Diab Fruit Cup	BYRON HEALTH FAIR Beef stew Seafoam Salad Muffin w/Marg Rice Krispie Bar *Diab Cookie		<u>BYRON BINGO</u> Oct. 30 1:00-2:00 pm
28	29	30	31	
Swiss Steak in Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup	Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Fresh Fruit	BYRON BINGO Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandarin Oranges	 Semcac <i>People Are Our Business</i>	

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.