

Burnside Center Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	2 NO MEAL SERVICE	3 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	4 NO MEAL SERVICE
7 MEAT LASAGNA 49gm CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	8 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	9 NO MEAL SERVICE	10 MEATLOAF AND GRAVY 18gm MASHED POTATOES 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	11 NO MEAL SERVICE
14 VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	15 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	16 NO MEAL SERVICE	17 SPAGHETTI & MEAT SAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	18 NO MEAL SERVICE
21 CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm	22 SHEPHERD'S PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	23 NO MEAL SERVICE	24 FRENCH TOAST BAKE 27gm RUTABAGA HASH 48gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	25 NO MEAL SERVICE
28 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	29 PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm HAMBURGER BUN 21 gm	30 Burnside's Halloween Lunch Broomstick Beef Chili Dogs Batty Baked Beans Pitchfork Pasta Salad Ghost Pudding Parfait Witches Brew Punch	31 BEEF TIPS & GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS & CARROTS 7gm PEACHES AND CREAM 12gm WHOLE GRAIN ROLL 35gm	
				

Monday, Tuesday, and Thursday from 11:30 a.m.-12:30 p.m.
 \$3.00 suggested donation for seniors 60+ and \$7.00 fee for those under the age of 60.