

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Please call the office by 4pm the day before to cancel a meal.</b> <b>740-345-0821 Ext. 1218</b>	<b>1</b> Philly Cheesesteak Peppers & Onions Zucchini Fruit Cup	<b>2</b> LCAP Turkey Bowl Mashed Potatoes Buttered Corn Biscuits Fresh Fruit	<b>3</b> Fish Sandwich Baby Bakers Peas Yogurt & Fresh Fruit	<b>4</b> Vegetable Beef Soup Tossed Salad Dinner Roll Fruit Cup
<b>7</b> Chicken Parmesan California Blend Tossed Salad Fruit Cup	<b>8</b> Pulled BBQ Pork Broccoli Mac & Cheese Carrots Applesauce Cups	<b>9</b> Salmon Burger Lettuce & Tomato Green Beans Fruit Juice	<b>10</b> Sloppy Joes Tator Tots Succotash Fruit Cup	<b>11</b> Turkey & Ham Chef Salad Hard Boiled Egg Croissant Fruit Cup
<b>14</b> Honey - Dijon Pork Chops Baby Bakers Corn Fruit Cup	<b>15</b> Beef and Broccoli Brown Rice Buttered Carrots Tossed Salad Fruit Cup	<b>16</b> Chicken Kabobs w/Mushrooms, Onions, Bell Peppers & Zucchini Fruit Cup	<b>17</b> Pizza Cottage Cheese Tossed Salad Applesauce Cup Pudding Cup	<b>18</b> Broccoli-Cheddar Soup Tossed Salad Applesauce Cup Cookie
<b>21</b> Chicken Patty Broccoli Black Eyed Peas Banana Nutty Bar	<b>22</b> Cabbage Casserole w/Beef, Rice & Tomatoes Fiesta Corn Fruit Cup	<b>23</b> Sausage Gravy Over Biscuit Sweet Potatoes Cinnamon Applesauce	<b>24</b> Portabella Fajitas Mixed Peppers Black Beans & Corn Salsa Fruit Cup	<b>25</b> Cheeseburger Soup Tossed Salad Croissant Fruit Cup
<b>28</b> Bratwurst w/Sauerkraut Carrots Peas Fruit Cup	<b>29</b> Homestyle Beef & Noodles Mashed Potatoes Green Beans Fruit Juice	<b>30</b> Ham Loaf Mashed Potatoes Veggie Blend Fruit Cup	<b>31</b>  <b>CHEF'S CHOICE</b>	 <b>LICKING COUNTY</b> <b>AGING PARTNERS</b>

**OCTOBER 2024 -  
REGULAR MENU**

All meals include two servings of grains, butter and a carton of whole milk - Ingredient information available at: [www.lcap.org/](http://www.lcap.org/) menu

Menu is always subject to change, based on product availability.