


OCTOBER 2017
ALL MEALS SERVED AT 12:00PM

SILVER SPOON CAFÉ CENTRAL, EAST. & WEST

NOTE: MENU SUBJECT TO CHANGE

FOR RESERVATIONS CALL 535-7470 BY 9AM

MON	TUE	WED	THU	FRI
2 Salisbury steak w/ gravy Mashed potato Beets Carrifruit salad Gelatin w/topping	3 Turkey pizza loaf Pasta w/sauce Buttered Corn Dinner roll Cantaloupe	4 Scalloped potatoes w/ ham Steamed broccoli Dinner roll Pear salad	5 Turkey rice casserole Italian green beans Dinner roll Fruited gelatin	6 Lasagna Garlic bread Toss salad Juice Peanut butter cookie
9 Closed Columbus day	10 Cider braised pork loin* Baked potato Green beans Dinner roll Chilled Apricots	11 Greek baked chicken Steamed potatoes Squash Broccoli salad Applesauce w/ cinnamon	12 Macaroni & cheese Buttered beets Dinner roll Peaches w/ raspberries	13 Pepper steak Au gratin potato Brussels sprouts Dinner roll Fresh fruit
16 Stuffed shells Spinach Dinner roll Berry mix Juice	17 Baked chicken Mashed potato w/ gravy Angie's salad Pears Juice	18 Hot roast beef sandwich over whole wheat bread Wax beans Baked Apple crisp V-8 Juice	19 Octoberfest Kielbasa on bun w/ sauerkraut Sweet potato Peas Juice German chocolate cake	20 Cheese strata Potato wedges Tomatoes & zucchini Fruited gelatin
23 Beef & mushrooms on bun Hash brown potato Scalloped corn Pickled beets & onions Baked peaches	24 Baked fish Morney Rice pilaf Buttered beets Mandarin oranges Birthday cake	25 Goulash Mixed vegetables Dinner roll Coleslaw Pudding w/ topping	26 Beef stroganoff over pasta Glazed carrots Sunshine salad Dinner roll Juice	27 Turkey divan Brown rice Mixed vegetables Muffin Juice
30 Chicken w/ cheesy mushroom sauce Penne pasta Lima beans Fresh fruit	31 Happy Halloween Ghoulis chili w/corn bread Rottage cheese Moldy fruit salad Bloody beverage Dirt pudding			


2017 November

All meals served at 12:00pm/ Montour 11:45am

SILVER SPOON CAFÉ CENTRAL, EAST, & WEST

Note: Menu subject to change

For reservations call 535-7470 by 9am

Mon	Tue	Wed	Thu	Fri
<p>All Meals served with 2% or Fat Free Milk Bread/Roll & Margarine Available upon request</p> <p>6 Stuffed peppers Brown rice Lima beans Dinner Peach apple salad Grape juice</p>	<p>7 <u>Election Day Lunch</u> Roast beef w/gravy Mashed potato Scalloped corn Whole wheat bread/margarine Pudding w/topping Cranberry juice</p>	<p>1 Pork BBQ on bun Baked beans Spinach Coleslaw Brownie Grape juice</p> <p>8 Vegetable lasagna Mixed salad greens Garlic bread Fruit salad</p>	<p>2 Beef stew Broccoli Dinner roll/margarine Sunshine salad Cranberry juice</p> <p>9 Pork loin w/supreme sauce Sweet potato Buttered beets Whole wheat bread/margarine Pears Orange juice</p>	<p>3 Spinach cheese bake Baked potato Scalloped tomatoes Whole wheat bread/margarine Fruit cup Apple juice</p> <p>10 OFA Closed Veteran's Day Holiday</p> 
<p>13 Sliced ham Winter squash Buttered corn Chick pea salad Cranberry juice</p>	<p>14 Chicken parmesan Pasta Carrots Dinner roll/margarine Banana strawberry fluff Apple juice</p>	<p>15 Sloppy Joe on whole wheat bun Green beans Pineapple salad Orange juice</p>	<p>16 <u>Thanksgiving Day Dinner</u> Roast turkey w/ dressing Peas & carrots Whipped potatoes w/gravy Rosy apple relish Dinner roll Pumpkin pie</p>	<p>17 Sweet & sour pork over rice Oriental mixed vegetables Dinner roll/margarine Melon cup V-8 juice</p>
<p>20 Baked chicken Brussels sprouts Mashed potato w/ gravy Kidney green bean salad Cantaloupe</p> <p>27 Stuffed shells Broccoli Dinner roll/margarine Fruit cup Orange juice</p>	<p>21 Spanish rice Cauliflower Toss salad w/ dressing Dinner roll/margarine Pudding w/ topping Juice</p> <p>28 Beef stew Angie's salad Biscuit/margarine Warm cinnamon applesauce Cranberry Juice</p>	<p>22 Macaroni & cheese Harvard Beets Dinner roll/margarine Grapes Pineapple Juice</p> <p>29 Greek baked chicken Baked potato Winter squash WW dinner roll/margarine Birthday cake</p>	<p>23 Thanksgiving Day (OFA Closed)</p>	<p>24 Holiday (OFA Closed)</p>


* New menu item

2017 December

Meals served at 12:00pm/ Montour site 11:45am

Note: Menu subject to change

For reservations call 535-7470 by 9am

Mon	Tue	Wed	Thu	Fri
	<p>All Meals served with 2% or Fat Free Milk Bread/Roll & Margarine Available upon request</p>			<p>1 Turkey divan Broccoli Brown rice Muffin/margarine Banana Cranberry juice</p>
<p>4 Chili w/ beans Mixed vegetables Corn bread Cinnamon applesauce juice</p>	<p>5 Lasagna Prince Edward vegetables Spice muffin Yogurt w/ berries Juice</p>	<p>6 Salisbury steak w/ gravy Rice Pilaf Beets Whole wheat bread/margarine Carrifruit salad Orange juice</p>	<p>7 Stuffed chicken breast Mashed potato w/gravy Spinach Molded cucumber salad WW dinner roll/margarine Cherry pie</p>	<p>8 Ham loaf w/cranberry glaze Winter squash Carrots Pineapple fruit mix Fresh orange</p>
<p>11 Baked chicken w/ gravy Scalloped cabbage Mashed potatoes Pea & beet salad Fruit fluff</p>	<p>12 Swedish meatballs Brown rice Green/wax bean mix Chickepea salad WW dinner roll/margerine Pears</p>	<p>13 CHRISTMAS DINNER Baked ham w/ raisin sauce Broccoli w/cheese sauce Yams Coleslaw Dinner roll/margarine Molded elf salad</p>	<p>14 Pepper steak Whipped Potatoes Angie's salad WW dinner roll/margarine Peach apple salad juice</p>	<p>15 Cheese strata Harvard beets Corn, black bean, citrus salad Peaches Juice</p>
<p>18 Swiss steak w/tomato sauce Winter squash Fruit cup Brown rice Apple brownie</p>	<p>19 Macaroni & cheese Scalloped tomatoes Spinach salad Whole wheat bread/margarine Fruit ambrosia</p>	<p>20 Chicken & gravy on a biscuit Carrots Tossed salad w/ dressing Strawberries & bananas</p>	<p>21 Pork w/ mushroom gravy Steamed potato Succatash Whole wheat dinner roll/marg Applesauce Grape juice</p>	<p>22 Goulash Broccoli Cottage cheese w/fruit Juice Pudding w/ topping</p>
<p>25 CHRISTMAS DAY <i>Merry Christmas!!</i> (Closed)</p>	<p>26 Irish pork stew Dinner roll Beet & onion salad Pineapple & mandarin oranges</p>	<p>27 Shepherd's pie Capri vegetables Cornbread Tropical fruit cup Pudding w/ topping</p>	<p>28 Turkey rice casserole Italian green beans Dinner roll/margarine Fruited gelatin Cranberry juice</p>	<p>29 Scalloped potatoes w/ ham Peas w/ pearl onions Dinner roll/margarine Pears juice</p>