

OCTOBER MENU

MID COUNTY SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>2 Breaded Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches</p>	<p>3 Dinner Frank Cheesy Potatoes Buttered Corn Orange Slices</p>	<p>4 Porcupine Meatballs Red Potatoes Country Blend Veggies Sunshine Cake</p>	<p>5 Liver & Onions Mashed Potatoes w/ Gravy; Green Beans Fruited Pudding</p>	<p>6 Sloppy Joes Potato Salad Fresh Vegetables Golden Apple</p>
<p>9 Beef Parmesan w/ Linguini Brussel Sprouts Garden Salad Diced Pears</p>	<p>10 Ham Au Gratin Potatoes Baby Carrots Pistachio Dessert</p>	<p>11 Baked Salmon Sour Cream & Chive Potatoes Buttered Peas Cutie Fruit</p>	<p>12 Turkey Roll-Ups Sweet Potatoes Broccoli Pumpkin Bar</p>	<p>13 Hamburger Casserole Cut Green Beans Romaine salad Peach Quick Cake</p>
<p>16 Western Egg Bake (Ham, Potatoes, Cheese, Onions, Gr Peppers); OJ Mini Bagel</p>	<p>17 Pepper Steak w/Rice Oriental Vegetables Japanese Coleslaw Mandarin Oranges</p>	<p>18 Barbecue Ribs Baked Potatoes Peas-n-Carrots Fruit Cup</p>	<p>19 Chicken Cacciatore over Pasta Green Beans, Garlic Bread; Cherry Applesauce</p>	<p>20 Fish Sandwich Oven Potatoes Calico Beans Grape Dessert</p>
<p>23 Cream of Potato Soup Pickled Bologna Sandwich Coleslaw Fruit</p>	<p>24 Pork Chop Twice-Baked Potato Calif Blend Vegetables Chunky Applesauce</p>	<p>25 Vegetable Lasagna Caesar Salad Garlic Breadstick Peach Crisp</p>	<p>26 Tater Tot Casserole Carrots Ambrosia Dessert</p>	<p>27 Enchilada (lettuce, tomato & black olives on the side) Spanish Rice Fresh Melon Cup</p>
<p>30 Cheeseburger Sweet Potato Wedges Carrot-Raisin Salad Tropical Fruit</p>	<p>31 Baked Chicken Potatoes Fall Squash Fruit</p>			

HOW DO I GET TO THE SENIOR CENTER?

ACTIVITIES: MID COUNTY 753-6986

CSFP recertification, Oct. 2-6, 9-13. Fall Color Tour, Oct. 3. Foot Clinic, Oct. 9, (call 753-6986 for appointment). Crafts with Cheryl, Oct. 9 & Oct. 30, 11 a.m. Monthly Food Distribution, Oct. 17, 9-10 a.m. AARP Safe Driving Class Oct. 19-20. Birthday Party, Oct. 25, salad bar 11 a.m. (call 786-8850 at least one day prior to reserve a seat). Halloween Party, Oct. 31, noon (call 786-8850 at least one day prior to reserve a seat).