

OCTOBER MENU

GLADSTONE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>1 Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches</p>	<p>2 Liver & Onions OR Beef Steak <i>(call with selection)</i> Mashed Potatoes with Gravy Green Beans Fruited Pudding</p>	<p>3 Porcupine Meatballs Smashed Red Potatoes Country Blend Veggies Sunshine Cake</p>	<p>4 Sloppy Joes Mac & Cheese Fresh Veggies Apple</p>	<p>5 Polish Sausage with Sauerkraut Cheesy Potatoes Buttered Corn Orange Slices</p>
<p>8 Spaghetti with Meat Sauce Garlic Breadstick Italian Vegetable Diced Pears</p>	<p>9 Sweet & Sour Pork over Rice Oriental Coleslaw Fruit Cup</p>	<p>10 Chili Cinnamon Sweet Roll Pea & Cheese Salad Fruit</p>	<p>11 Swiss Mushroom Chicken Breast Sweet Potatoes Broccoli Pumpkin Mousse</p>	<p>12 Goulash Green Beans Romaine salad Peaches</p>
<p>15 Western Egg Bake (Ham, Potatoes, Cheese, Onions, Green Peppers) Orange Juice Danish</p>	<p>16 Chicken Parmesan over Pasta Garlic Bread Prince William Veggies Green Beans Cherry Applesauce</p>	<p>17 Ham Slice Au Gratin Potatoes Baby Carrots Ambrosia</p>	<p>18 Stuffed Chicken Salad on tomato served on bed of lettuce Cranberry Jell-O Muffin</p>	<p>19 Fish Sandwich Oven Potatoes Calico Beans Grape Dessert</p>
<p>22 Tater Tot Casserole Key West Vegetables Mandarin Oranges</p>	<p>23 Beef Enchilada (lettuce, tomato, & black olives on the side) Spanish Rice Fresh Melon Cup</p>	<p>24 Chicken Alfredo Lasagna Italian Vegetables Garlic Breadstick Fruit</p>	<p>25 Pepper Steak over Rice Oriental Veggies Japanese Coleslaw Peach Crisp</p>	<p>26 Cream of Broccoli Soup Stacked Ham Sandwich Cold Salad Sliced Pears</p>
<p>29 Cheeseburger w/Bun Potato Wedges Baked Beans Tropical Fruit</p>	<p>30 Baked Chicken Baked Potatoes Fall Squash Chunky Applesauce</p>	<p>31 Bacon Pork Chops Twice-Baked Potato California Blend Veggies Halloween Dessert</p>	<p style="text-align: center;">Menu is for all our senior centers. Call your senior center with questions/comments.</p> <p style="text-align: center;"><i>Subject to change</i></p>	

HOW DO I GET TO THE SENIOR CENTER? EMAIL THE CENTER

WEEKLY ACTIVITIES: GLADSTONE 428-2201

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

Every Thursday, Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4 p.m.

Every Friday, Line Dancing (beginners), 9:30-11 a.m. Line Dancing (regular).

OTHER ACTIVITIES:

Flu Shots, Oct. 3, 12:30-3:30 p.m. Brunch, Oct. 15, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Arts and Crafts Club, Oct. 15, noon to 3:30 p.m. Book Club, Oct. 16, noon. Movie Day (“Ghostbusters”), Oct. 20, 12:30 p.m. Birthday/Halloween Party, Oct. 31, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).