

**OCTOBER MENU**

**HERMANSVILLE SENIOR CENTER**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

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

[HOW DO I GET TO THE SENIOR CENTER?](#)

[EMAIL THE CENTER](#)

**WEEKLY ACTIVITIES:** **HERMANSVILLE** 498-7735

Every Tuesday, Fun Bingo, 12:45 p.m.

Every Wednesday, Sit and Get Fit class, 11:30 a.m. to 12:15 p.m.

Every Friday, Sit and Get Fit class, 11:30 a.m. to 12:15 p.m. Fun Bingo, 12:45 p.m.

**ACTIVITIES:**

**Craft Day**, Oct. 15, 1 p.m. **Foot clinic**, Oct. 16, (call 498-7735 to make an appointment). **Monthly Food Distribution**, Oct. 19, 9-10 a.m. **Community Health Fair**, Oct. 24, 9 a.m. to noon, Hermansville Community Club. **Birthday/Halloween Party**, Oct. 31, noon (call 498-7735 at least one day prior to reserve a seat).