

OCTOBER MENU

MID-COUNTY 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: MID COUNTY 753-6986

Every Wednesday, Sit and Get Fit class, 9:45-10:30 a.m.

Every Friday, Sit and Get Fit class, 9:45-10:30 a.m.

ACTIVITIES:

Foot Clinic, Oct. 8, (call 753-6986 for appointment). **TENTATIVE** Fall Color Tour, Oct. 9, 9 a.m. **Monthly Food Distribution**, Oct. 16, 8:30-10 a.m. **Fun Bingo with Cheryl**, Oct. 19, 12:30 p.m. **Crafts with Cheryl (Halloween make-and-take craft)**, Oct. 30, 11 a.m. **Birthday/Halloween Party**, Oct. 31, salad bar 11 a.m. (call 753-6986 at least one day prior to reserve a seat).