

ENTERPRISE SENIOR CENTER

OCTOBER 2019



TUESDAY	WEDNESDAY	FRIDAY
1	2	4
Chicken Cacciatore Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine Salad Dressing	Meatballs with Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine Salad Dressing	Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing
8	9	11
Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit Milk Margarine	Roasted Turkey Breast with Gravy Mashed Spiced Yams Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	Chicken Alfredo Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Salad Dressing Diet - Hot Peaches
15	16	18
Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches Milk Margarine	Corned Beef Medley Cabbage Roasted Red Potatoes Rye Bread Applesauce Milk Margarine	Homemade Meatloaf with Gravy Mashed Potatoes Garden Vegetables Mixed Green Salad Wheat Roll Citrus Fruit Cup Milk Margarine Salad Dressing
22	23	25
Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Tropical Fruit Milk Margarine	Glazed Ham Cut Yams Spinach Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Salad Dressing Diet - Vanilla Wafers	Beef Spaghetti Sauce over Spaghetti Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine Salad Dressing
29	30	
Turkey Pot Pie Buttered Corn Baked Rice Mixed Green Salad Biscuit Seasonal Fruit Milk Salad Dressing	HALLOWEEN MEAL BBQ Pork Baked Beans Coleslaw Whole Wheat Hamburger Bun Pineapple Tidbits Oatmeal Raisin Cookie Diet - Vanilla Wafers	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and bread served with all meals.