

Enterprise Active Life Center

October 2021

TUESDAY	WEDNESDAY	FRIDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals</p>		<p>Meatballs w/ Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Texas Bread Peach Crisp Milk Diet - Hot Peaches</p>
5	6	8
<p>Chicken Parmesan Italian Veg Blend Garden Veg Blend Penne Pasta Texas Bread Citrus Fruit Cup Milk Margarine</p>	<p>Minestrone Sausage Soup Fresh Spinach Salad Broccoli Dinner Roll Ambrosia Fruit Salad Milk Margarine Salad Dressing</p>	<p>BBQ Pork Rib Patty Mixed Vegetables Coleslaw Potato Wedges Whole Wheat Hamburger Bun Tropical Fruit Milk Birthday Cake</p>
12	13	15
<p>Salisbury Steak with Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Potato Crstd Pollock w/ Dill Sauce California Veg Blend Cucumber Salad Buttered Rice Wheat Bread Red Grapes Milk Margarine Chocolate Chip Cookie Diet - Vanilla Wafers</p>	<p>Glazed Ham Garden Veg Blend Mixed Green Salad Cut Yams Texas Bread Applesauce Milk Margarine Salad Dressing</p>
19	20	22
<p>Cheese Ravioli Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Parmesan Cheese Salad Dressing</p>	<p>Beef Patty w/ Cheese Tater Tots Carrot Slaw Whole Wheat Hamburger Bun Hot Spiced Apples Milk Mayonnaise Ketchup Mustard</p>	<p>Pork Fried Rice Japanese Veg Blend Cabbage & Carrots Dinner Roll Pineapple Tidbits Milk Margarine</p>
26	27	29
<p>Swedish Meatballs California Veg Blend Green Peas Penne Pasta Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Chs Omelet w/ Shredded Chs Capri Veg Blend Hashbrown Potatoes Croissant Applesauce Milk Assorted Jelly Ketchup</p>	<p>Halloween Meal BBQ Pulled Pork Baked Beans Coleslaw Whole Wheat Hamburger Bun Seasonal Fruit Baked Cookie Milk Diet - Vanilla Wafers</p>