

# HURRICANE SENIOR CENTER

## OCTOBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<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. A Salad Bar is available every day in the dining room.</p>	<b>1</b>	<b>2</b>	<b>3</b>
	<p>Meatballs with Sweet &amp; Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine Salad Dressing</p>	<p>Smoked Turkey &amp; Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin</p>	<p>Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing</p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p>Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit Milk Margarine</p>	<p>Roasted Turkey Breast with Gravy Mashed Spiced Yams Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine</p>	<p>Beef Chili with Beans Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream Salad Dressing</p>	<p>Baked Chicken Breast with Alfredo Sauce Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Salad Dressing Diet - Hot Peaches</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p>Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches Milk Margarine</p>	<p>Corned Beef Medley Cabbage Roasted Red Potatoes Rye Bread Applesauce Milk Margarine</p>	<p>Potato Crusted Pollock Rice Florentine Mixed Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pudding Milk Tartar Sauce Diet - Vanilla Wafers</p>	<p>Homemade Meatloaf with Gravy Mashed Potatoes Garden Vegetables Mixed Green Salad Wheat Roll Citrus Fruit Cup Milk Margarine Salad Dressing</p>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p>Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Tropical Fruit Milk Margarine Salad Dressing</p>	<p>Glazed Ham Cut Yams Spinach Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Salad Dressing Diet - Vanilla Wafers</p>	<p>Hawaiian Chicken Haystack Rice Asian Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine</p>	<p>Beef Spaghetti Sauce Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine Salad Dressing</p>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<p>Turkey Pot Pie Buttered Corn Baked Rice Mixed Green Salad Biscuit Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>French Dip Roast Beef with Au Jus Sliced Swiss Cheese Crinkle Cut Fries Coleslaw Hoagie Bun Half Cinnamon Applesauce Milk Ketchup</p>	<p><b>HALLOWEEN</b> BBQ Pork Baked Beans Coleslaw Whole Wheat Hamburger Bun Pineapple Tidbits Oatmeal Raisin Cookie Milk Diet - Vanilla Wafers</p>