St. George Senior Center
October 2017

Tuesday	Wednesday	Thursday	Friday
3 **Chicken & Wild Rice Bake** Sugar Snap Peas Cucumber Salad Texas Bread Hot Spiced Fruit	*4* **Potato Crusted Pollock on Bun** Tater Gems Whole Kernel Corn Coleslaw Pineapple Tidbits	*5* **Teriyaki Meatballs** Fried Rice Sliced Carrots Asian Coleslaw Apple Blueberry Crisp Diet - Hot Sliced Apples	*6* **Pork Loin w/ Brown Gravy** Baked Potato w/Sour Cream Broccoli Mixed Green Salad Seasonal Fruit
10 **Beef Spaghetti Sauce** Parslied Spaghetti Noodles Seasoned Zucchini Mixed Green Salad Apple Raisin Compote	*11* **Roasted Turkey Breast Poultry Gravy** Whipped Potatoes Capri Vegetable Blend Beet Salad Seasonal Fruit Blondie Diet - Vanilla Wafers	*12* **Stuffed Bell Peppers** Whole Kernel Corn Green Beans Macaroni Salad Mandarin Oranges	*13* **Creamy Paprika Chicken Breast** Oven Roasted Potatoes Club Spinach Corn Salad Pears
17 **Turkey Stew** Cabbage Mixed Green Salad Seasonal Fruit Rocky Road Pudding Diet - Chocolate Pudding	*18* **Glazed Ham** Sweet Potato Casserole California Vegetable Blend Mixed Green Salad Tropical Fruit	*19* **Mozzarella Chicken** Garden Rotini Spinach Cucumber Tomato Salad Peach Crisp Diet - Hot Peaches	*20* **Homemade Meatloaf** Brown Gravy Whipped Potatoes Glazed Carrots Five Bean Salad Fruit Cocktail
24 **Country Fried Steak** Country Gravy Garlic Whipped Potatoes Green Beans Corn Salad Peaches & Pineapple	*25* **Baked Tilapia w/Lemon Dill Sauce** Rice Florentine Garden Vegetable Blend Carrot Pineapple Salad Seasonal Fruit Strawberry Whip Diet - Fruited Gelatin	*26* **Orange Glazed Pork Roast** Cornbread Dressing Mixed Vegetables Coleslaw Seasonal Fruit	*27* **Crispy Baked Chicken Sandwich** Lettuce/Tomato/Onion Tater Tots Chuckwagon Corn Citrus Fruit Cup
31 ***Halloween*** **Bratwurst on Bun** Sauerkraut Whole Kerne Corn Baked Beans Seasonal Fruit 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** **Milk and bread served with all meals. Salad bar available every day in dining room.**		