

ST. MARYS SENIOR CENTER

OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Meal Options <i>Dine In</i> <i>To Go – Pick Up</i> <i>Meals on Wheels</i></p>	<p><i>If you'd like to learn more about our Meals programs, please call 321-1225 between 9:30 and 1:30.</i></p>		<p>1 Chicken Vegetable Soup Coleslaw Crackers Fruit</p>	<p>2 Fish Potato Wedges Buttered Corn Bread Fruit</p>
<p>5 Chicken a la King on A Biscuit Green Beans Bread Fruit Cup</p>	<p>6 Taco Burger Refried Beans Tossed Salad Fruit</p>	<p>7 Smothered Steak Mashed Potatoes Carrots Fruit</p>	<p>8 Chili Mac Pinto Beans Cornbread Fruit</p>	<p>9 Pulled Smoked Chicken on A Bun Tater Tots Winter Blend Vegetables Fruit</p>
<p>12 COLUMBUS DAY Salisbury Steak Mixed Vegetables Bread Fruit</p>	<p>13 Hamburger Potato Wedges Buttered Corn Fruit</p>	<p>14 Smothered Chicken Breast Mashed Potatoes Italian Vegetables Fruit</p>	<p>15 BIRTHDAY DINNER Ham Sweet Potatoes Peas Roll Cake</p>	<p>16 Turkey & Noodles Meadow Blend Vegetables Bread Fruit</p>
<p>19 Swiss Steak Rice Pilaf Peas & Carrots Fruit</p>	<p>20 Polish Sausage Sauerkraut Mashed Potatoes Fruit</p>	<p>21 BBQ Meatball Sweet Potato Fries Chuckwagon Corn Fruit</p>	<p>22 Spaghetti with Meat Sauce Tossed Salad Garlic Bread Fruit</p>	<p>23 Ribette Tater Tots Cozumel Grande Veggies Fruit Bread</p>
<p>26 Meatloaf Fiesta Rice Mixed Vegetables Fruit</p>	<p>27 Tuna Mac Green Beans Bread Fruit Cup</p>	<p>28 Pork Chop Baked Potato Sausalito Vegetables Fruit</p>	<p>29 Sloppy Joes Seasoned Potato Wedges Baby Carrots Fruit</p>	<p>30 Chef Salad Sliced Tomatoes Crackers Fruit Cup</p>

FOR RESERVATIONS CALL 321-1225 ONE DAY AHEAD MENUS SUBJECT TO CHANGE