

2017

OCTOBER MENUS

Located in the Community Center at 201 Wright Blvd.

Open Tuesday to Friday 10:00-2:00

Lunch Served from 11:30 a.m. to 12:30 p.m.

Monthly Third Thursday Dinner 5:00 to 7:00 p.m.

Fun Friday Games & Snacks are from after lunch until ???

Free Lunch for Seniors 60+ last Friday of the month.

SUN	MON	TUE	WED	THU	FRI	SAT
SILVER AGE SENIOR CENTER	2 CLOSED	3 Southwestern Stir Fry, mexican rice, refried beans, salad	4 Meatloaf, mashed potatoes & gravy, corn, salad	5 BBQ Pork Sandwich, potato salad, fruit	6 Vegetable beef stew, peaches, biscuits	Suggested Donations: Lunch 12 & Under, 60+ \$3.00 Everybody else \$7.00
8 CLOSED	9 CLOSED	10 Spaghetti & meatballs, squash, garlic bread, salad	11 Green chili chicken enchiladas, fiesta rice, salad	12 Breaded cod, rice pilaf, salad	13 Tater Tot Casserole, cornbread, pears	Dinner 12 & Under, 60+ \$6.00 Everybody Else \$10.00
15 CLOSED	16 CLOSED	17 Chili Dogs, chips, veggie tray, Jello	18 Salisbury Steak, mashed potatoes & gravy, winter veggies, fruit	19 *DINNER* Lasagna, Italian green beans, carrots, garlic bread, zucchini floss	20 Beef & black bean tacos, fiesta rice, refried beans, salad	Additional meals to take home are the same price per meal.
22 CLOSED	23 CLOSED	24 Sweet & sour chicken, rice, egg roll, salad	25 Baked Potato Bar, veggie tray, fruit	26 Ranch baked chicken, peas & carrots, cottage cheese, peaches	27 FREE & FUN Homemade Pizza, mixed fruit, salad	As a courtesy, please call Cindy at 680-3400 the day before if you plan to have a group of four or more attending.
29 CLOSED	30 CLOSED	31 Ghoulish Goulash & other spooky delights				Come on down & sit a spell!!!!
		WE DELIVER				
<p>If you are a homebound senior, call Cindy at 680-3400 We try to offer gluten free options when possible. We may occasionally make unannounced changes to our menu. We will only do this if it is absolutely necessary.</p>						