



# October 2021 Menu



*Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad).*

*Please note: menu is subject to change based on product availability. 907-567-3988* Please call in advance to order a meal.

Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Birthdays</b>					1	<b>Information 2</b>
Susie Chiri 10/2 Daniel Yeckley 10/2					Glazed BBQ Chicken Pasta Salad Corn	<i>Soup served daily with pick up meals</i>
3	4	5	<b>Bingo @ 1:15</b> 6	7	8	9
Midge Evans 10/3 Russ Penrod 10/5	Mushroom Pasta Bake Vegetable Garlic Bread	Glazed Pork Tenderloin Stuffing Yams Cranberry Sauce	Lil' Cheddar Meatloaves Mashed Potatoes Gravy Vegetable	Chicken Enchiladas Refried Beans Mexi-Salad	Toasted Ham & Swiss Jell-O Potato Salad	
10	11	12	<b>Bingo @ 1:15</b> 13	14	15	16
Bill Hagerty 10/10 Julie Boll 10/11 Virginia Davis 10/11 Cathy Perry 10/12 Victor Bergeron 10/12	Closed	Spaghetti w/meat Sauce Vegetable Garlic Bread	Pork & Sauerkraut Casserole Vegetable	Hamburger Steaks Potatoes Gravy Vegetable	Halibut Olympia Rice Vegetable	<i>Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup</i>
17	18	19	<b>Bingo @ 1:15</b> 20	<b>Board Meeting</b> 21	22	23
Marie Penrod 10/17 Vi Nordgren 10/19 Lowell Wilcox 10/23	Baked Chicken Rice Casserole Vegetable	Liver & Onions Potatoes Vegetable	Crispy Pork Cutlets Yams Green Beans	Croissants w/Chicken Salad Pasta Salad 3 Bean Salad	Curried Beef Strips Rice Vegetable	<i>The cook reserves the right to change the menu without notice.</i>
24/31	25	26	<b>Bingo @ 1:15</b> 27	28	29	30
Janice Pearson 10/26 Ruby Denison 10/27 Janie Nelson 10/27	Roast Beef Potatoes Gravy Carrots	Sweet & Sour Pork Rice Vegetable Eggrolls	Swiss Steak Ancient Grains Broccoli	Mushroom Chicken Buttered Noodles Vegetable	Flour Tortillas for Fried Beasts Refried Frogs Ghoul's Salad Spider Web Brownies Witches Brew	<i>Salad Bar and Soup Served Daily with congregate meals **</i>