

SNAP MENU

236-6344 OR 236-6345

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pork Fritter Yams Steamed Cabbage Wheat Bread Tropical Fruit	3 Chicken & Dumplings Two Bean Salad Spinach Salad Chocolate Mousse Dinner Roll	4 Chicken Fried Steak Mashed Potatoes Cream Gravy Okra & Tomatoes Fruited Gelatin Wheat Bread	5 Crunchy Baked Fish Oven Baked French Fries Pinto Beans Cucumber Tomato Salad Fresh Fruit	6 Beef Tips Egg Noodles Brown Gravy Tuscan Blend Vegetables Lemon Iced Cookie Breadstick
9 Baked Chicken Garden Blend Rice Zucchini Oatmeal Raisin Cookie Wheat Roll	10 Smoked Sausage Green Beans Seasoned Cabbage Fresh Apple Wheat Bread	11 Salisbury Steak Baked Potato Capri Vegetables Banana Pudding W/Wafers Dinner Roll	12 Chicken Noodle Casserole Seasoned Green Peas Mandarin Oranges & Cherries Dinner Roll	13 Pork Fritters Butter Beans Glazed Carrots Fruited Gelatin Wheat Bread
16 Crunchy Baked Fish Corn O'Brien Seasoned Spinach Tropical Fruit Dinner Roll	17 Scalloped Ham & Potatoes Turnip Greens Apricots Gelatin Parfait Dinner Roll	18 Chili W/Beans Tossed Salad Fruit Cup Cornbread	19 Baked Chicken Rice Pilaf Roasted Carrots Pound Cake Wheat Bread	20 Beef Enchilada Casserole Spanish Rice Pinto Beans Lettuce Tomato Salad Peaches
23 Chicken Tenders Garlic Mashed Potatoes Cream Gravy Vegetable Medley Chunky Fruit Medley Dinner Roll	24 Beef & Pasta Casserole Zucchini Tossed Salad Fresh Fruit Garlic Bread	25 Country Ham Whipped Sweet Potato Seasoned Vegetables Ambrosia Cup Wheat Roll	26 Lemon Pepper Chicken Green Beans W/Pimentos Tangy Beets Chocolate Cream Pie Wheat Bread	27 Stuffed Bell Pepper Green Pea Salad Capri Vegetables Fruit Crisp Wheat Bread
30 BBQ Chicken Herbed Corn Green Beans W/Onions Tossed Salad Tapioca Pudding Wheat Roll	31 Pork Chop Navy Beans Seasoned Spinach Fresh Fruit Pumpkin Cake Cookie Wheat Bread			

SNAP ACTIVITIES 236-6344 OR 236-6345

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Blood Pressure Checks 10:30- 11:30	5	6
9	10 Music By: Country Rose 10:30 – 11:30	11 Bingo 10:30 – 11:30	12	13
16 AARP MEETING 5:30	17	18 Bridge 10:00 – 3:00	19 Blood Pressure Checks 10:30- 11:30 C-CITY OPRY 7:00	20
23	24 Nutrition 11:45	25 Bingo 10:30 – 11:30 Bridge 10:00 – 3:00	26 Music by: Jim Gross 10:30 – 11:30	27
30	31			