

# SNAP MENU

236-6345

OCTOBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chicken Parmesan Pasta W/Sauce Mixed Vegetables Garlic Bread Chocolate Pudding	2	Chili W/Beans Cucumber/Tomatoes/ Onion Salad Cornbread Apple Crisp	3	Pork Chops Mashed Potatoes Italian Green Beans Wheat Bread Mixed Berry Parfait	4	Chicken Stew Fluffy Rice Carrot Raisin Salad Cornbread Apple Spice Cake	5	Crunchy Fish Blackeye Peas Mexican Squash Wheat Roll Chocolate Brownie
8	Chicken Fried Steak Mashed Potatoes Creamy Gravy Okra and Tomatoes Whole Wheat Bread Tropical Fruit	9	Beef Tips Egg Noodles Brown Gravy Tuscan Blend Vegetables Dinner Roll Lemon Iced Cookie	10	Pork Fritter Yams Steamed Cabbage Wheat Bread Fruited Gelatin	11	Chicken & Dumplings Two Bean Salad Spinach Salad Dinner Roll Chocolate Mousse	12	Crunchy Fish Oven Baked French Fries Pinto Beans Cucumber Tomato Salad Ketchup Fresh Fruit
15	Baked Chicken Fried Rice Oriental Vegetables Wheat Roll Mandarin Oranges W/Cherries	16	Beef Steak Fingers New Potatoes Peas & Carrots Wheat Bread Orange	17	Turkey W/Gravy Baked Sweet Potato Squash & Red Peppers Dinner Roll Butterscotch Pudding	18	Hamburger Steak Mashed Potatoes Lima Beans Cornbread Fruited Gelatin	19	Grilled Sausage Cheese Grits Monaco Vegetables Wheat Roll Vanilla Pudding
22	Chili W/Beans Tossed Salad W/Dressing Cornbread Fruit Cup	23	Baked Chicken Rice Pilaf Antigua Vegetables Whole Wheat Bread Pound Cake	24	Stuffed Bell Pepper Corn O'Brien Seasoned Spinach Dinner Roll Tropical Fruit	25	Scalloped Ham & Potatoes Turnip Greens Spicy Carrots Dinner Roll Gelatin Parfait	26	Beef Enchiladas W/Red Sauce Spanish Rice Pinto Beans Lettuce Tomato Salad W/Dressing-- Peaches
29	Spaghetti W/Meatballs Broccoli Florets Dinner Roll Cinnamon Peaches	30	Chicken Sandwich Baked Steak Fries Buttered Carrots Lettuce & Tomato Slices Mustard/Mayo Pudding Parfait	31	Roast Turkey Cornbread Dressing Poultry Gravy Green Beans Cranberry Sauce Mandarin Orange Fluff				

# SNAP ACTIVITIES

236-6345

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Blood Pressure Checks 11:00 – 11:45	4	5
8	9 Music By: Country Rose 10:30 – 11:30	10 Bingo 10:30 – 11:30	11	12
15	16	17	18 C City Opry leave @ 5:00PM	19
22	23 Nutrition 11:45	24 Bingo 10:30 – 11:30	25 Music by: Jim Gross 10:30 – 11:30	26 GARAGE SALE SATURDAY (27 <sup>TH</sup> ) 8:00 – 2:00 Sat. 10/27 - field trip to Old Glory.
29	30	31		