

RESERVATIONS NECESSARY IN ADVANCE  
AND CANCELLATIONS ARE ESSENTIAL!

PHONE: 997-9019

# Marion Senior Citizens Center








DAILY MENUS

October 2017

SUGGESTED DONATION: \$3.50

Diabetic & Cholesterol Avail. w/prior Notice

SERVING - 11:15am to 12:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Broccoli Cheese Soup 2 Ham Sandwich Lettuce/Tomato/ Pickle Spear Fruit Trifle	Pork Chop 3 Butter Beans Mixed Green Salad Cherry Cheese Cake	Turkey Breast w/gravy 4 Whipped Sweet Potatoes Asian Salad Fuji Apple Crisp	Chicken Cordon Blue 5 Green Beans Layered Salad Apricot Bar	Beef Roast w/ 6 Potatoes & Carrots Creamy Cole Slaw Peaches & Cream
Italian Beef 9 Tatar Tots  Italian Broccoli Salad Maple Cranberry Roasted Pears 	Chicken Breast Filet 10 Zucchini Casserole Sliced Beets Pudding Cake w/ Fruit	Salisbury Steak w/ 11 Mushroom Gravy Cheese Veggie Bake Caesar Salad Pistachio Ambrosia	Polish Sausage 12 Sauerkraut Black Eye Peas Corn Bread Mandarin Oranges	Parmesan Crusted 13 Chicken Tomatoes & Zucchini Greek Garden Salad Raspberry-Almond Pie
Beef Stew 16 Cauliflower-Pimento Combo Salad Cornbread Tropical Fruit	Ham Steak 17 Loaded Mashed Potatoes 3-Bean Salad Red Grapes & Dip	Chicken & Dressing 18 Oriental Vegetables Romaine Salad Fruited Orange Jell-O	Stuffed Cabbage Roll 19 Glazed Carrots Steamed Broccoli Cinnamon Apple Sauce w/ Banana Oatmeal Cookie	<i>Birthday Day</i> 20 Bar-B-Que Ribs  Baked Potato Caesar Salad Dinner Roll Rhubarb Pie w/ Topping 
Beef Brisket 23 Butter Egg Noodles Broccoli & Cauliflower Salad Tangy Fruit Bowl	Chicken Strips 24 Peas & Carrots Tomato Salad Pineapples & Cherries	Chicken Fried Steak 25 Mashed Potatoes - Gravy Spinach Salad Cheddar Biscuit 3-Fruit Cobbler	Ham & Beans 26 Seasoned Greens Carrot-Raisin Salad Cornbread Chocolate & Banana Pudding	Baked Ziti 27 Italian Green Beans 3-Green Salad Garlic Cheese Bread Apple Cake
Pulled Pork 30 Sandwich Crispura Fries Oil & Vinegar Cole Slaw Peach Pretzel Square	<i>Halloween (Gruesome-Menu)</i> 31 Dracula Capes w/ Cow Goop  Maggots w/ Trash Crispy Critters w/ Bloody Sauce Orange Goblin Goo			<div style="border: 1px solid black; padding: 5px;">                         Margarine &amp; wheat bread                          offered when other breads                          are not specified.                          Tea, coffee, water &amp; milk                          offered daily.                     </div>

SENIORS AGE 60 AND OVER ARE WELCOME. JOIN US FOR GOOD FOOD AND FRIENDLY COMPANY!

-11- ALL CONTRIBUTIONS ARE APPRECIATED. PLEASE GIVE WHAT YOU CAN AFFORD. -12-