

2% MILK AVAILABLE

ELECTRA SERVICE CORPORATION

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2011-13 1</p> <p>Chicken Fried Steak Mashed Potatoes / Gravy Okra, Corn Wheat Roll Pumpkin Squares</p>	<p>2011-12 2</p> <p>Cheeseburgers Sliced Tomato, Onion Lettuce & Pickles Herbed Potato Wedges Melon Medley</p>	<p>CDH 2016-04 3</p> <p>Pork & Vegetable Eggrolls w/ Sweet & Sour Sauce Vegetable Rice, Broccoli Sliced Peaches</p>	<p>2011-25 4</p> <p>Oven Fried Chicken Bow Tie Pasta Broccoli-Raisin Salad Tropical Fruit</p>	<p>CDH 3-12 5</p> <p>Tacos with Salad Topping Pinto Beans Chuckwagon Corn Tortilla Peanut Butter Cup</p>
<p>CDH 1-2011 8</p> <p>Chicken Tenders w/Gravy Garlic Mashed Potatoes Turnip Greens Angel Food w/ Strawberries</p>	<p>CDH 2016-8 9</p> <p>Red Beans & Rice Oven Fried Okra Cole Slaw Garlic Toast Vanilla Pudding</p>	<p>2011-04 10</p> <p>Chicken & Dumplings w/ Peas Tossed Salad Wheat Roll Fruit Cup</p>	<p>CDH 3-11 11</p> <p>Pork Chops Spinach Salad Black-Eyed Peas Cornbread Baked Apples</p>	<p>2011-39 12</p> <p>Vegetable Beef Stew Tossed Salad Cornbread Orange & Pineapple Custard</p>
<p>CDH 1-12 15</p> <p>Fajitas w/ Peppers & Onions Chuckwagon Corn Spanish Rice Fruit</p>	<p>2011-19 16</p> <p>Glazed Meatloaf Red Bliss Potatoes Mixed Vegetables Breadstick Country Apple Crisp</p>	<p>2011-03 17</p> <p>BBQ Chicken Filet Baked Potato w/Sour Cream Mixed Vegetables Wheat Roll Mandarin Oranges</p>	<p>2011-13 18</p> <p>Chicken Fried Steak Mashed Potatoes / Gravy Okra, Corn Wheat Roll Pumpkin Squares</p>	<p>2011-33 19</p> <p>Spaghetti & Meatballs Spinach Salad Garlic Bread Honey Dew Melon</p>
<p>CDH 2016 WK4 Day 5 22</p> <p>Charbroiled Chicken Breast Lettuce & Tomato Sweet Potato Fries Roll Bananas</p>	<p>CDH 2016 WK4 Day 4 23</p> <p>Baked Fish w/ Tartar Sauce Coleslaw Green Beans Oven Fries & Hushpuppies Strawberries</p>	<p>CDH 2016 WK4 Day 3 24</p> <p>Baked Potato w/ Chili & Cheese Broccoli Cinnamon Apples</p>	<p>CDH 2016 WK4 Day 2 25</p> <p>Chicken Tenders w/General Tso Sauce Vegetable Rice & Snap Peas Fruit Medley Tapioca Pudding</p>	<p>CDH 2016 WK4 Day 1 26</p> <p>Beef Hamburger on Bun Tomato, Lettuce, Onion Potato Wedges Three Bean Salad Pineapple Cup</p>
<p>2011-16 29</p> <p>Creamy Mushroom Steak Mashed Potatoes w/ Gravy Peas & Carrots Wheat Roll Emerald Pears</p>	<p>2011-35 30</p> <p>Swedish Meatballs w/ Parsley Noodles Mixed Vegetables & Roll Angel Food w/Strawberries</p>	<p>CDH 7-11 31</p> <p>Chicken Spaghetti Carrots, Zucchini WW Roll Bananas & Vanilla Pudding</p>		

Please call the Senior Center at 495-4311 by 10 am on the days you want to come for lunch.

Recommended Donation: Seniors 60 and over \$3.00 Guests under 60 \$6.00