PERRY COUNTY SENIOR CENTER - 4 N. SPRING, PERRYVILLE 547-2188

EPC SENIOR CENTER - 266 CHURCH ST, ALTENBURG 824-5827



OCTOBER, 2021

MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AVAILABLE MON-FRI			1 HERB BAKED FISH OR SLOPPY JOE Creamy Coleslaw Baked Beans *WG Bread (2) Spiced Peaches CATFISH FOR DRIVE-THRU B21
BEEF STEW *WG Biscuit Seasoned Cauliflower Fruit Cocktail	SPAGHETTI AND MEATBALLS Green Beans Beets *WG Garlic Bread Peaches or Dessert	6 CHICKEN & DUMPLINGS Peas Veggie Blend *WG Bread Blushing Pears	7 LOADED BAKED POTATO w/Ham, Broccoli & Cheese Glazed Carrots Bread *Apple Crisp	8 FISH SANDWICH or CHICKEN TENDERS Slaw Potato Salad *WG Bun or Bread Mandarin Orange Salad CATFISH FOR DRIVE-THRU 1
COUNTRY STEAK Mashed Potatoes California Blend Veggies *Dinner Roll Cinnamon Applesauce or Dessert	MEATLOAF Mashed Potatoes Green Beans Bread *Peach Crisp	CHICKEN & DRESSING Lima Beans Slaw *WG Bread Mixed Fruit	14 BOARD MEETING AT 12:30 SLICED HAM Sweet Potatoes Broccoli *WG Bread Baked Pineapple w/Cinnamon	CHILI OR CATFISH Pimento Cheese on *Roll Tator Tots *WG Craclkers or Bun Tropical Fruit CATFISH FOR DRIVE-THRU
OPEN FACE TURKEY Mashed Potatoes Carrots Bread *Fruit Crisp	OVEN FRIED CHICKEN Mashed Potatoes Beets *Dinner Roll Emerald Isle Jello	HAM & BEANS Spinach Salad Scallopped Tomatoes Cornbread & WG Crackers Pudding w/Bananas or Dessert	21 APPLE PROJECT 10-NOON ROAST BEEF Mashed Potatoes Green Beans *Dinner Roll Warmed Apples w/Raisins MEDICARE PART D WALK-IN OR CALL 651-5467	22 HERB BAKED FISH OR BBQ RIBLET Baked Beans Slaw *WG Bun Spiced Peacjes CATFISH FOR DRIVE-THRU
PASTA W/MEATY SAUCE Lg Garden Salad Italian Blend Veggies *WG Garlic Bread Tropical Fruit	CHICKEN & DUMPLINGS Slaw Green Beans *WG Bread Cottage Cheese & Pears	MEATLOAF Corn California Blend Bread *Fruit Crisp	28 BREAKFAST FOR LUNCH! SCRAMBLED EGGS W/SAUSAGE *WG Biscuit Oven Fried Potatoes Warmed Apples w/Raisins Orange Juice or Dessert	29 HAPPY HALLOWEEN!! HAM SANDWICH OR CATFISH Broccoli Cheese Solup Spinach Salad *WG Bun or Bread Apple CATFISH FOR DRIVE-THRU 4