October 2019	Johnson County Senior Activity Center			Congregate Menu
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	1 New Orleans Style Gumbo Over Rice Fried Okra Cornbread Baked Apricots	2 Spaghetti with Meat Sauce Italian Green Beans White Roll Chocolate Ice Cream	3 Sliced Ham Loaded Sweet Potato Roasted Broccoli Cornbread Pineapples	4 Beef Soft Tacos Lettuce, Tomato, Cheese Spanish Rice Black Beans & Corn Churro Cookies
7 Chicken Alfredo over Fettuccine Italian Green Beans Garlic Toast Peanut Butter Brownie	8 Beef and Broccoli Vegetable Lo Mein Oriental Vegetable Blend Egg Roll Mandarin Oranges	9 Fish Sandwich Lettuce and Tomato Coleslaw Potato Wedges Apple and Pecan Crisp	10 Pancakes Loaded Hash browns Scrambled Eggs Juice Pumpkin Scones	11 Bacon, Lettuce, and Tomato Sandwich Chips Macaroni Salad Fruit Salad
14 Homemade Vegetable Beef Soup Seasoned Spinach Crackers Apple Turnovers	15 Loaded Chicken Nachos Lettuce and Tomato Sour Cream Salsa Strawberries and Cream	16 Smoked Sausage Cheesy Potatoes Brussel Sprouts Cornbread Jell-O with Fruit	17 Liver and Onions OR Salisbury Steak Mashed Potatoes Buttery Corn Wheat Roll Tropical Fruit	18 Meatloaf Mashed Potatoes Gravy Green Beans Wheat Roll Peach Cobbler
21 Cheeseburgers Lettuce, Tomato, Onion Fries Baked Beans Tinted Pears	22 Lemon Chicken Over Herb Pasta Broccoli and Carrots Garlic Wheat Roll Pineapple Cake	23 Philly Cheesesteak Fries Cauliflower Flat Bread Sherbet	24 Smothered Pork Mashed Potatoes Glazed Carrots White Roll Spice Cake	25 Bacon OR Sausage Scrambled Eggs Biscuit & Gravy Juice Fruit & Granola Parfait
28 Chicken Fried Steak Mashed Potatoes Peas and Carrots Biscuit Ice Cream Cup	29 Crab Cakes OR Bacon Wrapped Chicken Roasted Potatoes Mixed Vegetables Wheat Roll Caramel Apples Cobbler	30 Teriyaki Chicken Over White Rice Stir Fry Vegetables Egg Roll Chinese Donuts	31 Frito Chili Pie Cheese, Onions, Peppers Steamed Vegetables Halloween Cupcake	Chef Salads are available daily with your choice of turkey, chicken, or ham. MUST sign up before 11 a.m. to receive one. 754-614 8