

October 2019		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU	
Monday	Tuesday	Wednesday	Thursday	Friday		
	1 Chicken Fried Steak Mashed Potatoes Country Gravy Garden Vegetables Wheat Roll Tropical Fruit	2 Great Northern Beans w/Ham Yellow Hominy Seasoned Spinach Regular or Mexican Cornbread/Cherry Cake	3 Pork Roast Mashed Potatoes Homemade Gravy French Green Beans White Roll Million Dollar Pie	4 <i>4 Center Tournament</i> Hot Dog Basket Relish, Onion, Cheese Assorted Pringles Baked Beans Ice Cream Cup		
7 Beef Liver & Onions or Chicken Fritter/Gravy Mashed Potatoes Roasted Zucchini Wheat Roll Angel Food Cake/Strawberries	8 Pot Roast Stuffed Baked Potato Grilled Peppers & Onions Homemade Gravy Side Salad Garlic Toast Pink Fluffy Stuff	9 Tuna or Chicken Salad on White Bread Lettuce, Tomato Ruffles Potato Chips Pineapple Coleslaw Peaches w/Cottage Cheese	10 Shake & Bake Chicken Twice Baked Mashed Potatoes Broccoli & Cauliflower Wheat Roll Banana Pudding	11 Homemade Goulash Side Salad Buttery Biscuit Peach Cake		
14 Polish & Sauerkraut or Popcorn Chicken Baby Baker Potatoes Mixed Vegetables Wheat Roll Brown Sugar Apples	15 BBQ Pork on a Bun Assorted Chips Calico Coleslaw Banana Pudding	16 Parmesan Crusted Cod or Chicken Tenders over Garden Rice Creamed Green Peas Wheat Roll Pear in Jell-O	17 Cordon Bleu Casserole Antigua Vegetable Wheat Roll Key Lime Tart ** Ask Dusty what's in the casserole ☺	18 Fried Pork Chop Au Gratin Potatoes Roasted Sweet Potatoes Green Beans Wheat Roll Carrot Cake		
21 Hamburger Steak w/Peppers & Onions & Mushrooms Mashed Potatoes/Gravy Creamed Corn Wheat Roll Tapioca Pudding	22 Pinto Beans w/ Ham Red Roasted Potato Fried Okra or Beets Cornbread Cocoa Cola Cake	23 Hamburger Lettuce, Tomato, Pickle Sweet Potato Tots Baked Beans Ice Cream Cup	24 Chicken Enchilada Casserole Borracho Beans Side Salad Tortilla Chips / Dip Tropical Fruit Salad	25 Hawaiian Chicken over White Rice Egg Roll Stir Fry Vegetables Mandarin Orange Cake		
28 Chicken & Dumplings Sweet Carrots Buttery Biscuit Orange Sherbet	29 Oven Fried Chicken Rice a Roni Chicken Gravy Tuscan Vegetables Wheat Roll Mounds Cake	30 Baked Pitt Ham Loaded Sweet Potato Black-Eyed-Peas Cornbread Possum Pie	31 Happy Halloween Homemade Beef Stew Seasoned Spinach Cornbread Spider Sugar Cookie			