





September 2023		Pope County Senior Wellness & Activity Center			Congregate
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Chef Salad with Ham, Turkey or Chicken available. Call before 11:00 to make your reservation for one. 479-968-5039</p>				<p>1 Bone in Ribs Potato Salad Baked Beans Texas Toast Ambrosia</p>	
<p>4 CLOSED</p> 	<p>5 Cheeseburger Lettuce, Tomato, Pickle, Onion JoJo Potatoes Coleslaw Ice Cream</p>	<p>6 Soft Tacos Lettuce, Tomato, Onion Refried Beans Cheese Dip Chips Sopapilla Cheesecake</p>	<p>7 Baked Cod or Chicken Breast Patty Garden Rice Bermuda Vegetables Wheat Roll Peach Cobbler</p>	<p>8 Oven Roasted Turkey Mashed Potatoes/Gravy Green Beans Wheat Roll Pecan Pie</p>	
<p>11 Salisbury Steak Mashed Potatoes/Gravy Creamed Spinach Wheat Roll Tropical Fruit</p>	<p>12 Smothered Pork Chop Au gratin Potatoes Garden Vegetables Wheat Roll Thomas Quinn Cake</p>	<p>13 Oven Fried Chicken Mashed Potatoes/Gravy Broccoli & Cauliflower Wheat Roll Banana Pudding BIRTHDAY LUNCH!</p>	<p>14 Swedish Meatballs over Egg Noodles Antiqua Vegetables Buttery Biscuit Strawberry Cake</p>	<p>15 Spaghetti w/Meat Sauce Italian Green Beans Garlic Toast Italian Cream Cake</p>	
<p>18 Chicken Fried Steak Mashed Potatoes/Gravy Sweet Corn Wheat Roll Spiced Apples</p>	<p>19 Pinto Beans w/Ham Baby Baker Potatoes Turnip Greens Cornbread Cherry Pie</p>	<p>20 Patty Melt Lettuce, Tomato JoJo Potatoes Pasta Salad Ice Cream Sandwich</p>	<p>21 Meatloaf Mashed Potatoes/Gravy Green Bean Casserole Wheat Roll Strawberry Poke Cake</p>	<p>22 Chicken Parmesan Garlic Egg Noodles Baked Brussel Sprouts Wheat Roll Coconut Cake</p>	
<p>25 Chicken Tenders Baby Baker Potatoes Black Eyed Peas Cornbread Peaches & Cherries</p>	<p>26 Chili Dog w/Cheese & Onions Baked Beans Coleslaw Coca Cola Cake</p>	<p>27 Ruben on Rye Bread OR Ham & Cheese Slider Broccoli Salad Chips Cookies</p>	<p>28 French Onion Pork Loin Mashed Potatoes/Gravy Brown Sugar Carrots Cheese Biscuits Brownie</p>	<p>29 Chicken Livers OR Popcorn Chicken Scalloped Potatoes Sweet Corn Wheat Roll Key Lime Pie</p>	