



October 2023		Pope County Senior Wellness & Activity Center		Congregate	
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Hamburger Steak w Peppers, Mushrooms, Onions Mashed Potatoes & Gravy Antigua Vegetables Wheat Roll Pineapples & Cottage Cheese	3 Ham & Cheese Quiche Biscuits & Gravy Assorted Muffins Orange Juice	4 Sweet & Sour Chicken over White Rice Mandarin Vegetables Egg Roll Mandarin Orange Cake	5 Vegetable Beef Soup Turkey & Swiss Sandwich on Wheat Bread Lettuce, Tomato, Pickle Saltine Crackers Assorted Cookies	6 Chicken Cordon Bleu over Garden Rice Glazed Sugar Carrots Wheat Roll Coconut Pie	
9 Chicken Fried Steak Mashed Potatoes & Gravy Peas & Carrots Wheat Roll Sherbert Cup	10 Great Northern Beans with Smoked Sausages Fried Potatoes Turnip Greens Cornbread Chocolate Ice Cream	11 Chicken Fajitas with Onions & Peppers Lettuce, Tomato Cheese Dip Tortilla Chips Cinnamon Churros	12 Fried Catfish JoJo Potatoes Coleslaw Hush Puppies Cinnamon Roll Cake	13 Philly Steak with Onion & Peppers on a Hoagie Bun French Onion Soup Chips Fruit Salad	
16 Chicken Breast Patty Mashed Potatoes & Gravy Homemade Mac & Cheese Wheat Roll Ice Cream Sandwich	17 Smoked Sausage & Sauerkraut Waffle Fries Wheat Roll Pear & Cranberry Cobbler	18 Ranch Chicken Garlic Mashed Potatoes Roasted Brussel Sprouts Garlic Cheese Biscuit Chocolate Cake	19 Honey Glazed Ham Sweet Potato Casserole Black Eyed Peas Buttermilk Cornbread Strawberry Poke Cake	20 Chicken Spaghetti Italian Green Beans Garlic Bread Stick Bread Pudding	
23 Breaded Chicken Sandwich on a Bun Lettuce, Tomato, Pickle Assorted Chips Pea Salad Tropical Fruit	24 Cheeseburger Lettuce, Tomato, Pickle, Onion Potato Salad Coleslaw Chocolate or Peach Fried Pie	25 Baked Tilapia Rice Pilaf Over night Coleslaw Earthquake Cake	26 Ritzy Fried Chicken Au Gratin Potatoes Garden Vegetables Wheat Roll Twinkie Bomb Cake	27 Homemade Meatloaf Scalloped Potatoes Sweet Corn Wheat Roll Coconut Cake	
30 Popcorn Chicken or Shrimp Red Skinned Potatoes Malibu Vegetables Wheat Roll Peaches & Cream	31 Homemade Chili with Cheese & Onions Fritos Sautee Broccoli Assorted Ice Cream			Chef Salad with Ham, Turkey or Chicken available. Call before 11 a.m. to make your reservation for one. 479-968-5039	