MONDAY

TUESDAY

WEDNESDAY

THURSDAY



Beef and Broccoli
Over Fried Rice
Oriental Vegetables
Egg Roll
Strawberry Jello

Hamburger Steak
w/ Grilled Onions
Mashed Potatoes
Brown Gravy
Corn
Apple Cobbler

3 P

Pinto Beans W/ Ham Baby Bakers Turnip Greens Buttermilk Cornbread Carrot Cake 4

Soft Chicken Tacos Lettuce, Tomato Mexican Rice Tortilla Chips Guacamole & Salsa Chocolate Delight 5

Beef Livers or Chicken Strip Mashed Potatoes w/ Gravy Seasoned Spinach White Roll Lemon Blueberry Cake

8 Center Closed.

Ranch Chicken Wrap
Curly Fries
Broccoli w/ Cheese
Sauce
Peanut Butter Bar

10

Crab Cakes or Grilled Chicken Red Beans and Rice Baby Carrots Glazed Lemon Cake 11

Fried Catfish Hush Puppies Coleslaw Baked Beans Zinger Cake 12

Cheeseburger
Lettuce, Tomato, Pickle
Light Potato Salad
Corn Nuggets
Peach Crisp

15
Biscuits and Gravy
Sausage Patty
Eggs
Hashbrown
Yogurt

16
BBQ Pork on Bun
Baked Beans
Creamy Corn
Potato Salad
Banana Pudding

Great Northern Beans

Mexican Cornbread

Baby Bakers

Lemon Bars

Fried Cabbage

23

17 Ha

24

Ham Scalloped Potatoes Broccoli Wheat Roll Peach Dump Cake 18

Grilled Chicken Breast Ranch Potato Wedges Italian Green Beans Biscuit Cherry Cobbler 19

Sloppy Joe on Bun Corn Sweet Potato Fries Strawberry Cake

22

Chicken Fried Steak
Mashed Potatoes
Country Gravy
Baby Carrots
White Roll
Chocolate Swirl Cake

Taco Salad w/ Chips Refried Beans Guacamole & Salsa Vanilla Pudding 25

Fried Catfish
Hush Puppies
Coleslaw
Baked Beans
Lemon Cake

26

Meatloaf Mashed Potatoes w/ Gravy Seasoned Green Beans Pineapple Upside Down Cake

29

Smoked Sausage W/
Potatoes
Grilled Vegetables
Wheat Roll
Key Lime Poke Cakes

30
Popcorn Chicken
Scalloped Potatoes
Grilled Corn
Biscuit
Apple Crisp

Chef salads are available daily with the choice of ham, turkey, or chicken. Call to get your name on the list by 10:00 479-754-6148

Johnson County Senior Activity
Center
Congregate Menu