

October

Johnson County Senior Activity Center Congregate Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Chicken Fettuccini
Alfredo
Green Peas
White Roll
Strawberry Poke Cake

2
Baked Ham
Sweet Potato Casserole
Corn
White Roll
Peanut Butter Bars

3
Homemade Pizza
Side Salad
Green Beans
Chocolate Cake

4
Taco Salad
Lettuce & Tomato
Refried Beans
Chips & Salsa
Cinnamon Rolls

7
Lasagna
Italian Green Beans
Garlic Roll
Fruit Cocktail Dump
Cake

8
Lemon Peper Chicken
Over Egg Noodles
Steamed Broccoli
White Roll
Banana Cream Pie

9
Hamburger Steak W/
Onions and Mushrooms
Mashed Potatoes Gravy
Candied Carrots
Wheat Roll
Blueberry Cobbler

10
Tomato Soup
Grilled Cheese
Pickle Spear
Chips
Brownies

11
Fried Catfish
Baked Beans
Coleslaw
Hushpuppies
Apple Crisp

14
Scrambled Eggs
Bacon
Hashbrowns
Biscuits
Yogurt

15
Sloppy Joe on a Bun
Potato Wedges
Coleslaw
Apples

16
Homemade Meatloaf
Mashed Potatoes
Corn
White Roll
Blueberry Dump Cake

17
Popcorn Chicken
Side Winder Fries
Baked Beans
Wheat Roll
Chocolate Pudding

18
Spaghetti
Green Beans
Garlic Toast
Apple Cinnamon
Cake

21
Cheeseburgers
Lettuce, Tomato, Pickle
Baked Beans
Tater Tots
Brownies

22
Salisbury Steak
Mashed Potatoes
Roasted Brussels
Buttery Biscuit
Tropical Fruit

23
Enchilada Casserole
Corn
Chili Beans
Strawberry Bars

24
Grilled Chicken
Roasted Potatoes
Peas
Wheat Roll
Chocolate Chip Cookies

25
Breaded Porkchops
Au Gratin Potatoes
Green Beans
White Roll
Apple Dump Cake

28
Country Fried Steak
Mashed Potatoes &
Gravy
Mixed Veggies
Wheat Roll
Pears

29
Turkey, Bacon,
Cheese Sandwich
Vegetable Soup
Pickle Spear
Fruit Cocktail

30
Smothered Chicken
Over Garden Rice
Garden Vegetables
Wheat Roll
Peanut Butter Pie

31
Chicken Tenders
Fried Potatoes
Carribean Veggies
Biscuit
Pumpkin Cake