

**October 2024 Congregate Menu—Pope County Senior Activity Center**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 Chicken Parmesan Over Pasta Italian Green Beans Garlic Roll Italian Crème Cake	2 Patty Melt ½ Baked Potato Side Salad Peach Cobbler	3 Vegetable Soup Turkey & Cheese Sandwich Lettuce & Tomato Crackers Chocolate Pudding	4 Fried Fish Jojo Potatoes Coleslaw Hushpuppies Coconut Cream Pie
7 Chicken Sandwich Lettuce & Tomato Pea Salad Tropical Fruit	8 Salisbury Steak Mashed Potatoes & Gravy Brussel Sprouts Wheat Roll Cherry Pie	9 Taco Salad Lettuce & Tomato Spanish Rice Chips Brownie	10 Smothered Chicken Breast over Garden Rice Garden Blend Vegetables Wheat Roll Peanut Butter Bar	11 Cheeseburger On a Bun Lettuce, Tomato, Pickle Tater Babies Baked Beans Cinnamon Roll
14 BBQ Pork Chops Mashed Potatoes Okra & Tomatoes Wheat Roll Chocolate Pie	15 Sweet & Sour Chicken Over Rice Mandarin Vegetables Egg Roll Orange Cake	16 Chicken Spaghetti Italian Green Beans Garlic Roll Cookies	17 Meatloaf Scalloped Potatoes Peas & Carrots Wheat Roll Banana Pudding	18 Over Night Pork Roast Mashed Potatoes & Gravy Cream Corn Wheat Roll Apple Crisp
21 Hamburger Steak With Peppers & Onions Mashed Potatoes & Gravy Buttered Carrots Tropical Fruit	22 Great Northern Beans With Ham Fried Potatoes Turnip Greens Cornbread Brownie	23 Chicken & Dumplings Brown Sugar Carrots Buttery Biscuit Strawberry Shortcake	24 Roast Beef Stuffed Potato Broccoli Garlic Cheese Biscuit Peach Dump Cake	25 Chicken Fried Steak Mashed Potatoes & Gravy Brussel Sprouts Wheat Roll Chocolate Cake
28 Enchilada Casserole Corn Chili Beans Spiced Apples	29 Bacon, Sausage, Egg Bake Hashbrown Casserole Biscuits & Gravy Orange Juice	30 Chicken Salad or Tuna Salad Lettuce & Tomato Pasta Salad Chips Apple Pie	31 Homemade Chili With Cheese Fritos Sauteed Broccoli Pumpkin Cake	