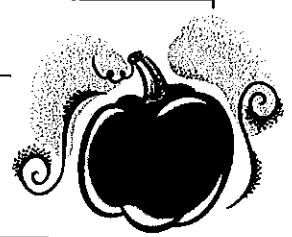




# HURLEY SENIOR CENTER

## OCTOBER 2019



Hurley M-F 561-2108 Iron Belt Thur 561-2091 Saxon M-W 893-2333

Springstead Wed 476-2113 or 800-950-8744 Mercer Tue-Thu 476-2113 or 800-950-8744

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
	1 Chicken and Broccoli Alfredo Fettuccini San Fran Blend Tomato Salad Yogurt and Berries Card Games	2 Salmon Filet Baked Potato Peas & Pearl Onions Apple Raisin Salad Cream Puff  Bingo	3 Lasagna Winter Blend Tossed Salad Garlic Bread Italian Ice	4 Pot Roast Potatoes Carrots 3 Bean Salad Poke Cake	5	
6	7 Chef Salad Breadstick Cottage Cheese Peaches	8 Chef's Choice Chicken Parm Sandwich Pinecone Potatoes Parisian Carrots Italian Bean Salad Mixed Fruit Card Games	9 Pork and Kraut Mashed Potatoes Green Beans Beet Salad Poke Cake  Bingo	10 Chili Corn Bread Cuke Salad Ambrosia	11 Pepper Steak Rice Monte Carlo Blend Tomato Juice Blueberry Cobbler	12
13	14 BBQ Pulled Pork Sandwich Potato Salad Broccoli Slaw Pudding	15 Beer Battered Cod Rice Pilaf Country Blend Coleslaw Cookie  Card Games	16 <b>PARTY</b> Cabbage Rolls Mashed Potatoes Key Largo Blend Kidney Bean Salad Chocolate Cake  Bingo	17 Turkey Tetrzzini Baby Carrots Tomato and Cuke Salad Cranberry Fluff Dinner Roll	18 Ring Bologna Tater Tots Green Beans Pea Salad Donut	19
20	21 Taco Salad Refried Beans Tres Leche Cake	22 Baked Chicken Winter Moon Blend Broccoli Copper Penny Salad Pumpkin Cake  Card Games	23 Meatloaf Mac and Cheese Brussel Sprouts 7 Layer Salad Jello  Bingo	24 Poor Man's Lobster Baby Reds Packer Beans Spinach Salad Lemon Bar	25 Pork Chop Mashed Potatoes Carrots Tossed Salad Apple Pie	26
27	28 Biscuits and Sausage Gravy Scrambled Eggs Florentine Tropical Fruit Juice	29 Beef Stew Baking Powder Biscuits Kale Salad Ice Cream Sandwich  Card Games	30 Sweet and Sour Chicken Rice Egg Rolls Asian Slaw Mandarian Oranges Fortune Cookie Bingo	31 <b>HALLOWEEN!</b> Spooky Sloppy Joes Freaky Fries Brainy Beans Bloody Tomato Salad Monster Cookie	 Bread & Milk. Included with every meal	

**PLEASE...CIRCLE THE MEALS YOU WANT**

Please...Make reservations 24 hours in advance

This menu has been approved by Anna Mooi: Registered Dietician

\* Items may be changed without notice. All substituted items meet or exceed USDA standards for RDA.

**Please**

Write your name on your menu prior to submitting.