



# Forsyth Senior Center Menu October 2021



Monday		Tuesday		Wednesday		Thursday		Friday	
4	5	6	7	8	9	10	11	12	13
Sloppy Jo's Tater Tots Carrot-Raisin Salad Peanut Butter Bars Fruit		Ham & Scalloped Potatoes Green Beans Copper Penny Salad Pineapple Cake		Chicken Noodle Soup Pimento Cheese Sandwiches Relish Tray Cherry Cheese Cake		Tater Tot Casserole Tossed Salad Fruit Salad Cake		Goulash Coleslaw Peas & Carrots Cornbread Fruit	
11	12	13	14	15	16	17	18	19	20
<b>Closed</b>		<b>Cook's Choice</b>		Beefy Mushroom Soup Cornbread Tossed Salad Fruit		Bacon Quiche Green Salad Muffins Fresh Fruit		Cod Fish Mac & Cheese Green Salad Gingerbread & Lemon Sauce	
21	22	23	24	25	26	27	28	29	30
Baked Beans & Weiners Coleslaw Fruited Jell-O Bars		<b>Taco Tuesday</b>		Tomato Soup Egg Salad Sandwiches Relish Tray Fruit Brownie		Pulled Pork on a Bun French Fries Coleslaw Apple Slices		Beef & Noodles Broccoli Normandy Tossed Salad Fruit Salad	
31	1	2	3	4	5	6	7	8	9
Chicken Ala King over Rice Stir Fry Vegetables Fruit Salad		Sausage & Gravy over Biscuits Peas & Carrots Green Salad Fruit		Chili Grilled Cheese Sandwiches Peas Bars		<b>Cook's Choice</b>		Spaghetti Garlic Bread Green Beans & Corn Fruit Jell-O Pumpkin Bars	

PLEASE CALL BY 9:30 346-2878 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00 - ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK