

FORSYTH SENIOR CENTER MENU OCTOBER 2022

3 BEEF FRITTERS HASHBROWN CASSEROLE CREAMED PEAS FRUITED JELLO	4 HAM&CHEESE STRATA TOSSED SALAD FRESH FRUIT	5 CHICKEN NOODLE SOUP GRILLED CHEESE SAND'S CHERRY CHEESE CAKE	6 TUNA NOODLE CASSEROLE PEAS/CARROTS LEMON PUDDING	7 BEEF & GRAVY MASHED POTATOES GREEN BEANS FRUIT
10 CLOSED FOR COLUMBUS DAY	11 COOK'S CHOICE	12 BEEFY MUSHROOM SOUP PIMENTO & CHEESE SAND'S RELISH TRAY PEACHES	13 POLISH DOGS SAURKRAUT POTATOES MIXED VEGGIES	14 BAKED FISH STICKS MAC & CHEESE PEAS/CARROTS FRUIT
14 BAKED BEANS/BACON COLESLAW FRUIT SALAD	18 TACO TUESDAY	19 POTATO SOUP HAM SALAD SAND'S VEGGIE TRAY PINEAPPLE CAKE	20 POLISH DOGS & KRAUT OVEN POTATOES BEETS TOSSED SALAD FRUIT	21 SPAGHETTI COLESLAW GREEN BEANS FRUITED JELLO BROWNIES
24 CHICKEN MAC & CHEESE MIXED VEGGIES CHERRY DUMP CAKE	25 PULLED PORK ON BUN COLESLAW CARROTS FRUIT	26 CHILI GRILLED CHEESE SAND'S RELISH TRAY PEARS	27 COOK' CHOICE	28 SLOPPY JO'S COLESLAW ORANGE FRUITED JELLO BROWNIES
31 BAKED HAM SCALLOPED POTATOES PEAS/CARROTS PINEAPPLE	1 CHICKEN & RICE HARVARD BEETS FRUIT	2 HAM & BEAN SOUP CORN BREAD RELISH TRAY PINEAPPLE	3 SPAGHETTI GREEN BEANS TOSSED SALAD PEARS	4 MEATLOAF MASHED POTATOES MIXED VEGGIES FRUIT

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.