

# October 2017 Meals on Wheels & Senior Café

**Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.**

**Sylva 631-8044**

**Cashiers 745-6856**

**Senior Café - Reservations & Cancellations must be made by 3pm one day in advance.**

**Sylva 631-8045**

**Cashiers 745-6856**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham & Potato Casserole Steamed Cabbage Sliced Peaches Cornbread Milk	3 Buttermilk Pancakes w/Maple Syrup Seasoned Potatoes Applesauce Juice Milk	4 Stew Beef w/Potatoes, Carrots, Celery & Onion Brussel Sprouts Corn & Red Peppers Biscuit Milk	5 Hot Dog with Chili Baked Beans Cole Slaw Jell-O w/Cherries & Cream Milk	6 Chef Salad (ham,turkey,cheese,egg) Cottage Cheese & Pears Apple Juice Bread Sticks Milk
9 Smoked Sausage O'Brien Potatoes Italian Green Beans w/Red Peppers Milk Coleslaw w/Carrots Bun	10 Chicken & Dumplings Parslied Carrots Herbed Green Peas Fruit Cocktail Roll Milk	11 Chili w/Beans Buttered Rice Sliced Peaches Saltines Milk Yellow Cake	12 Lemon Pepper Chicken Baked Sweet Potato Broccoli w/Cheese Cherries & Pudding Roll Milk	13 Ribs & Sauerkraut Garlic Mashed Potatoes Tomato Garbanzo Salad Apple Crisp w/Raisins Cornbread Milk
16 Meatball Marinara on Hoagie Roll Parmesan Potatoes Carrot Raisin Salad Banana Milk	17 Pork Chop w/Gravy Creamed Rice Squash Cherries & Cream WW Roll Milk	18 Turkey, Cheese, Tomato & Lettuce Sandwich Copper Pennies Potato Salad Milk Lime Jell-O w/Peaches	19 Beef Tips over Pasta Peas w/Pearl Onions Apple & Orange Wedges Crunchy Fruit Snack Wheat Roll Milk	20 Rosemary Garlic Chicken Green Beans Whipped Potatoes Vanilla Swirl Pudding Roll Milk
23 Salisbury Steak w/ Peppers & Onions Yellow Rice Brussel Sprouts Peaches Roll Milk	24 BBQ Chicken Thigh Pinto Beans Whole Kernel Corn Cornbread Milk Tropical Fruit Salad	25 French Dip w/Au Jus Sweet Potato Tater Tots Lima Beans Spice Cake Applesauce Milk	26 Baked Catfish Red Skin Potatoes Coleslaw Peaches Cornbread Milk	27 Turkey Breast w/Gvy Candied Yams Milk Green Peas w/Onion & Peppers Wheat Roll Oatmeal Raisin Cookie
30Pork Chop w/Peach Glaze Mashed Sweet Potatoes Sweet Corn &Asparagus Tips Berry Mango Compote Roll Milk	31 Roast Turkey & Gravy Whipped Potatoes Carrot, Broccoli, Cauliflower Cranberry Sauce Pumpkin Bar Roll Milk	 		