

# October Menu 2018 & Activities



MONDAY 	TUESDAY 	WEDNESDAY Transportation to meal site available Monday-Wednesday	THURSDAY 	FRIDAY
1 Cabbage & Polish Sausage Boiled Potatoes Batter Bread Cherry Crisp 2% Milk	2 BBQ Chicken Cole Slaw Ranch Style Beans Pears 2% Milk 	3 Hamburger Steak w/grilled onions Mashed Potatoes W/ Brown Gravy Peas & Carrots Lemon Bar  2% Milk	4 Tuna Casserole Capri Blend Jello w/ Cool Whip 2% Milk <b>Sack Breakfast</b> Ioway Casino Day Leave WC 9:30	5 Oatmeal Ham Slice Toast Tomato Juice 2% Milk <b>Shopping Day</b> <b>8:30 to 12</b>
8 Meat Sauce Spaghetti Cauliflower Salad/Salad Bar Garlic Bread Peaches 2% Milk <b>Columbus Day</b>	9 Chicken Enchiladas Refried Beans Spanish Rice Upside down Pineapple Cake 2% Milk	10 Pork n Hominy Carrot Coins Green Beans Orange Fry Bread 2% Milk 	11 Tilapia Pacific Blend Coleslaw Apple Crisp 2% Milk <b>Sack Breakfast</b>	12 Cimarron Casino Day 10-1pm  Chefs Special
15 Roast Beef Wild Rice w/ GRAVY Asparagus Vanilla Pudding 2% Milk 	16 Chicken Wild Rice Soup Salad Wheat Crackers Cake 2% Milk 	17 Chicken Fried Steak Mashed Potatoes w/ Gravy Green Beans Wheat Roll Peaches 2% Milk	18 Baked Catfish Hushpuppies Veggie Mix Cookie 2% Milk <b>Sack Breakfast</b> 	19 Cereal Sausage Patties Strawberries 2% Milk <b>Sac &amp; Fox Tailgate</b> 
22 Meat Loaf Scalloped Potatoes Winter Blend Hot Wheat Roll Tropical Fruit Salad 2% Milk	23 Baked Chicken Buttered Garlic Rice Capri Blend Jello w/ Fruit 2% Milk 	24 Corn Soup Green Beans Potato Salad Apple Fry Bread 2% Milk	25 Fish Sticks Harvest Blend Salad/Salad Bar Coconut Cream Pie 2% Milk <b>Sack Breakfast</b> 	26 Cream of Wheat Sausage Links Wheat Toast Apricots 2% Milk <b>Shopping Day</b> <b>8:30 to 12</b> 
29 Sloppy Joes Baked Lays Salad/Salad Bar Apple & Grape 2 % Milk 	30 Pork Loin Mashed Potatoes Gravy Veggie Blend Peach Cobbler 2% Milk 	31 TITLE VI HALLOWEEN PARTY @10 AM 	 Caregiver Contracts are available to caregivers that live in Services area and who qualify. 	<b>Menu subject to change without Notice</b>  <b>Have to have at least 2 elders signed up &amp; attend Shopping Days</b> 