


September 2020		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			Congregate Menu	
Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Your choice of ham, turkey or chicken chef salad's available daily. Reservations for all meals must be made before 11 a.m. 968-5039</p>	<p>1 2 Soft Shell Taco's Lettuce, Tomato, Cheese/Sour Cream Crunchy Frito Corn Salad Refried Beans Rice Pudding</p>	<p>2 Chicken &amp; Dumplings Baby Carrots Buttery Biscuit Mandarin Oranges w/Cherries</p>	<p>3 Homemade Meatloaf Creamy Mashed Potato Brown Gravy Tuscan Blend Vegetable Wheat Roll Fruit Cocktail</p>	<p>4 Chicken Tenders or Chicken Livers Mashed Potatoes Country Gravy Broccoli Medley Wheat Roll Honey Bun Cake</p>		
<p>7</p> 	<p>8 Chicken Fried Chicken Mashed Potatoes Country Gravy Green Beans w/Onion Wheat Roll Brown Sugar Apples</p> <p><b>WELCOME HOME</b></p>	<p>9 Parmesan Crusted Cod Loin or Ranch Chicken over Rice Pilaf California Vegetables Wheat Roll Whoopie Cookies</p>	<p>10 Ham and Cheese on Wheat Bread Lettuce, Tomato, Pickle Ramen Coleslaw Potato Soup Banana Nut Cake w/Cream Cheese Frosting</p>	<p>11 Pinto Beans w/ Ham Fried Potatoes O'Brien Pickled Beets Cornbread Chocolate Pie</p>		
<p>14 Hamburger Steak w/ Peppers &amp; Onions Mashed Potatoes/Gravy Green Peas &amp; Carrots Wheat Roll Angel Food w/ Peaches &amp; Whipped Topping</p>	<p>15 Sweet N Sour Chicken Jasmine Rice Oriental Vegetables Egg Roll Mandarin Orange Cake</p>	<p>16 Overnight Pork Roast Mashed Potatoes Homemade Gravy Baby Carrots Wheat Roll Chocolate Mousse</p>	<p>17 Chicken Bacon Ranch Baked Potato Broccoli Copper Penny Salad Garlic Cheese Biscuits Ambrosia</p>	<p>18 BBQ Pork on a Bun Baked Beans Coleslaw Baked Apples</p>		
<p>21 Breaded Chicken Roasted Potato Medley Brussel Sprouts Wheat Roll Tropical Fruit</p>	<p>22 Cod Wedge or Chicken Strips Coleslaw French Fries Hush Puppies Ice Cream Cup</p>	<p>23 Bone-In BBQ Ribs Twice Baked Potatoes Baked Beans Buttery Biscuit Apple Cobbler</p>	<p>24 Spaghetti w/Meat Sauce Italian Green Beans Garlic Toast Spiced Pineapples</p>	<p>25 Mushroom &amp; Swiss Burger Lettuce, Tomato, Pickle Tater Babies Confetti Coleslaw Coconut Cream Pie</p>		
<p>28 Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans w/Onion Wheat Roll Pears</p>	<p>29 3 Cheese Lasagna Side Salad w/Ranch Garlic Cheese Biscuits Vanilla Pudding</p>	<p>30 Smothered Pork Chops over Rice Pilaf Broccoli Medley Wheat Roll Spiced Applesauce</p>	<p><b>Welcome back!</b> Please remember you must call to reserve <u>all meals</u>, whether it's a takeout or dine in. Seating is limited in the dining room due to Covid protocols. <u>Takeout meals will be picked up inside the center.</u> 968-5039</p>			