

| October 2020  |   | Dardanelle Senior Center  |   | Congregate Menu  |  |
|---|---|---|---|--|--|
| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |  |
| <p align="center"><b>WELCOME BACK</b></p> <p>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. Takeout meals will be picked up inside the center.<br/><b>229-4129</b></p> |   | <p>Choice of ham, turkey or chicken chef salads are available daily.</p>  | <p><b>1</b><br/>Homemade Meatloaf<br/>Au gratin Potatoes<br/>Sweet Corn<br/>Wheat Roll<br/>Mandarin Orange Cake</p>                             | <p><b>2</b><br/>Frito Chili Pie W/<br/>Cheese &amp; Onions<br/>Broccoli Sauté<br/>Cornbread<br/>Applesauce</p>       |  |
| <p><b>5</b><br/>Chicken Fried Steak<br/>Mashed Potatoes / Gravy<br/>Mixed Vegetables<br/>Wheat Roll<br/>Tropical Fruit</p>  | <p><b>6</b><br/>Hearty Beef Stew<br/>Seasoned Spinach<br/>Regular or Mexican<br/>Cornbread<br/>Peaches &amp; Cream</p>    | <p><b>7</b><br/>Taco Casserole<br/>Chili Beans<br/>Tortilla Chips<br/>Banana Pudding</p>                              | <p><b>8</b><br/>Chicken Livers or<br/>Breaded Chicken Filet<br/>Mashed Potatoes / Gravy<br/>California Vegetables<br/>Jell-O With Fruit</p>     | <p><b>9</b><br/>Cheeseburger<br/>Lettuce, Tomato, Pickle<br/>Creamy Coleslaw<br/>Potato Salad<br/>Ice Cream Cup</p>  |  |
| <p><b>12</b><br/>Breaded Cod or<br/>Chicken Strips<br/>Garden Blend Rice<br/>Buttery Carrots<br/>Wheat Roll<br/>Golden Fruit Cup</p>  | <p><b>13</b><br/>Tender Roast Beef<br/>Mashed Potatoes &amp; Gravy<br/>Green Peas<br/>Wheat Roll<br/>Orange Sherbet</p>   | <p><b>14</b><br/>White Beans &amp; Ham<br/>Fried Cabbage<br/>Oven Fried Potatoes<br/>Cornbread<br/>Chocolate Cake</p> | <p><b>15</b><br/>Homemade Lasagna<br/>Green Beans W/ Onion<br/>Garlic Bread<br/>Ambrosia</p>  | <p><b>16</b><br/>BBQ Pork Sandwich<br/>Baked Beans<br/>Jo Jo Potato Wedges<br/>Spiced Apples</p>                     |  |
| <p><b>19</b><br/>Chicken Parmesan<br/>Over Linguine Pasta<br/>Italian Green Beans<br/>Garlic Cheese Biscuit<br/>Fruit Salad</p>   | <p><b>20</b><br/>Brown Sugar Baked Ham<br/>Sweet Potato Casserole<br/>Black Eyed Peas<br/>Wheat Roll<br/>Pumpkin Cake</p> | <p><b>21</b><br/>Homemade Meatloaf<br/>Mashed Potatoes / Gravy<br/>Fried Okra<br/>Wheat Roll<br/>Cherry Poke Cake</p> | <p><b>22</b><br/>Ham &amp; Potato Casserole<br/>Antigua Vegetables<br/>Cornbread<br/>Tinted Pears</p>   | <p><b>23</b><br/>Beef Taco Salad<br/>Refried Beans<br/>Chips &amp; Dip<br/>Pineapple Fluff</p>                       |  |
| <p><b>26</b><br/>Beef Liver &amp; Onions or<br/>Salisbury Steak<br/>Mashed Potatoes / Gravy<br/>Peas &amp; Carrots<br/>Wheat Roll<br/>Chocolate Pudding</p>   | <p><b>27</b><br/>Spaghetti W/ Meat Sauce<br/>Side Salad<br/>Garlic Roll<br/>Goopy Cream Cheese<br/>Chocolate Brownie</p>  | <p><b>28</b><br/>Pimento Cheese<br/>Sandwich<br/>Vegetable Beef Soup<br/>Cornbread<br/>Peach Crisp</p>                | <p><b>29</b><br/>Fried Fish or<br/>Chicken Strips<br/>Creamy Coleslaw<br/>Homemade Mac &amp; Cheese<br/>Hush Puppies<br/>Peanut Butter Bars</p> | <p><b>30</b><br/>Sausage Patty<br/>Scrambled Eggs<br/>Diced Hash Browns<br/>Biscuit &amp; Gravy<br/>Orange Juice</p> |  |