

October 2020		JOHNSON COUNTY SENIOR ACTIVITY CENTER			Congregate Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
Welcome Back! 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 between 11:30 and 12:30.</u> Your choice of ham, turkey or chicken chef salad's available daily. Reservations for all meals must be made before 11 a.m. 479-754-6148					
5 2 Soft Shell Taco's Lettuce, Tomato, Cheese/Sour Cream Crunchy Frito Corn Salad Refried Beans Rice Pudding	6 Chicken Fried Chicken Mashed Potatoes Country Gravy Green Beans w/Onion Wheat Roll Brown Sugar Apples	7 Parmesan Crusted Cod Loin or Ranch Chicken over Rice Pilaf California Vegetables Wheat Roll Cookies	8 Ham and Cheese on Wheat Bread Lettuce, Tomato, Pickle Creamy Coleslaw Potato Soup Banana Nut Cake w/Cream Cheese Icing	9 Pinto Beans w/ Ham Fried Potatoes O'Brien Pickled Beets Cornbread Chocolate Pie	
12 Hamburger Steak w/ Peppers & Onions Mashed Potatoes/Gravy Green Peas & Carrots Wheat Roll Angel Food w/ Peaches & Whipped Topping	13 Sweet N Sour Chicken Jasmine Rice Oriental Vegetables Egg Roll Mandarin Orange Cake	14 Overnight Pork Roast Mashed Potatoes Homemade Gravy Baby Carrots Wheat Roll Chocolate Mousse	15 Chicken Bacon Ranch Baked Potato Broccoli Copper Penny Salad Garlic Cheese Biscuits Ambrosia	16 BBQ Pork on a Bun Baked Beans Coleslaw Baked Apples	
19 Breaded Chicken Roasted Potato Medley Brussel Sprouts Wheat Roll Tropical Fruit	20 Chicken Strips Coleslaw French Fries Hush Puppies Ice Cream Cup	21 BBQ Rib Patty Mashed Potatoes Country Gravy Mixed Vegetables Buttery Biscuit Apple Cobbler	22 Spaghetti w/Meat Sauce Italian Green Beans Garlic Toast Spiced Pineapples	23 Mushroom & Swiss Burger Lettuce, Tomato, Pickle Tater Babies Confetti Coleslaw Coconut Cream Pie	
26 Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans w/Onion Wheat Roll Pears	27 3 Cheese Lasagna Side Salad w/Ranch Garlic Cheese Biscuits Vanilla Pudding	28 Smothered Pork Chops over Rice Pilaf Broccoli Medley Wheat Roll Spiced Applesauce	29 Chicken & Dumplings Baby Carrots Buttery Biscuit Mandarin Oranges w/Cherries	30 Scrambled Eggs Sausage Patty Hash Brown Buttery Biscuit Peppered Gravy Juice	

