

October 2020		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU	
Monday	Tuesday	Wednesday	Thursday	Friday		
<p><b>Note: On October 9, the Reuben sandwich will be available for <u>dine in only</u>. On October 20<sup>th</sup>, salmon patties are available for <u>dine in only</u>.</b></p>		<p><b>Reservations are required for all meals. Call before 11 a.m. to eat in or carry out. Carryout meals are picked up in the center. 968-5039</b></p>		<p><b>1</b> Taco Salad Refried Beans Tortilla Chips/Salsa Sour Cream Guacamole Warm Fruit Compote</p>	<p><b>2</b> Great Northern Beans w/ Ham Baby Baker Potatoes Seasoned Spinach Cornbread Chocolate Chip Brownies</p>	
<p><b>5</b> Chicken &amp; Dumplings Buttery Carrots Fluffy Biscuit Angel Food w/ Peaches &amp; Whipped Topping</p>	<p><b>6</b> Baked Pitt Ham Baked Sweet Potatoes Black-Eyed-Peas Cornbread Thomas Quinn Cake</p>	<p><b>7</b> Hamburger Steak w/ Peppers &amp; Onions &amp; Mushrooms Mashed Potatoes/Gravy Peas &amp; Carrots Wheat Roll Deluxe Fruit</p>	<p><b>8</b> Baked Tilapia Over Garden Rice Tuscan Vegetables Wheat Roll Pudding Cup</p>	<p><b>9</b> Reuben on Rye Bread w/ Sauerkraut or Grilled Ham &amp; Cheese Homemade Tomato Soup Ruffles Potato Chips Green Pea Salad Fall Diced Pears(orange)</p>		
<p><b>12</b> Bacon &amp; Cheddar Burger Lettuce, Tomato, Pickle Tater Babies Baked Beans Orange Sherbet</p>	<p><b>13</b> Chicken Bacon Ranch Stuffed Baked Potato w/ Peppers &amp; Onions Broccoli Sauté Garlic Texas Toast Pink Fluffy Stuff</p>	<p><b>14</b> Overnight Pork Roast Mashed Potatoes Homemade Gravy Black Eyed Peas Cornbread Brown Sugar Apples</p>	<p><b>15</b> Chicken Spaghetti Side Salad Garlic Cheese Biscuit Tropical Fruit Salad</p>	<p><b>16</b> Homemade Meatloaf Mashed Potatoes Brown Gravy Sweet Corn Wheat Roll Key Lime Tarts</p>		
<p><b>19</b> Chicken Fried Steak Mashed Potatoes Country Gravy Lima Beans Cornbread Ice Cream Cup</p>	<p><b>20</b> Breaded Chicken Breast w/Gravy or Salmon Patties over Rice Pilaf California Vegetables Wheat Roll Pineapple &amp; Cherries</p>	<p><b>21</b> Polish &amp; Sauerkraut Baby Baker Potatoes Mixed Vegetables Wheat Roll Tapioca Pudding</p>	<p><b>22</b> Pinto Beans w/ Ham Oven Fried Potatoes Turnip Greens Cornbread Cocoa Cola Cake</p>	<p><b>23</b> Chicken Enchiladas Borracho Beans Tortilla Chips/Cheese Dip Sour Cream Raspberry Dream Cake</p>		
<p><b>26</b> BBQ Rib Patty Macaroni &amp; Cheese Okra &amp; Tomatoes Wheat Roll Coconut Cream Pie</p>	<p><b>27</b> Sweet &amp; Sour Chicken Over Rice Oriental Vegetables Egg Roll Mandarin Oranges</p>	<p><b>28</b> Frito Chili Pie w/ Cheese &amp; Onion Side Salad Saltine Crackers Bread Pudding w/Lemon Sauce</p>	<p><b>29</b> Homemade Beef Stew Seasoned Spinach Cornbread Lisa's Peach Delight</p>	<p><b>30</b> Tuna Sandwich on Wheat Bread Lettuce, Tomato, Pickle Macaroni Salad Broccoli Cheese Soup Pumpkin Fluff</p>		