

# AGING & LONG TERM CARE MEALS

## OCTOBER 2023

MON	TUE	WED	THU	FRI
<b>2</b> HAMBURGER W/ PICKLE, ONIONS, PASTA SALAD & FRESH FRUIT	<b>3</b> CHICKEN PARMESAN, BUTTERED LINGUINE, MIXED VEGGIES & FRUIT	<b>4</b> BEEF & VEGGIE NOODLE SOUP W/ CRACKERS, YOGURT & FRESH FRUIT	<b>5</b> SCALLOPED POTATOES W/ HAM & CARROTS, WHEAT BREAD, AND FRESH FRUIT	<b>6</b> <b>BIRTHDAY CELEBRATION</b> 
<b>9</b> <b>CENTER CLOSED FOR INDIGENOUS PEOPLES DAY</b>	<b>10</b> CHILI & CORNBREAD, PUDDING AND FRESH FRUIT	<b>11</b> CHICKEN A LA KING OVER RICE, PEAS AND CARROTS WITH FRESH FRUIT	<b>12</b> SLOPPY JOES, POTATO WEDGES, MIXED VEGGIES, CHEESE STICK & FRESH FRUIT	<b>13</b> BAKED FISH, TATER TOTS, COLESLAW, RYE BREAD, AND FRESH FRUIT
<b>16</b> CHICKEN VEGGIE NOODLE SOUP W/ CRACKERS, YOGURT, AND FRESH FRUIT	<b>17</b> CHEESE RAVIOLI W/ MEAT SAUCE, MIXED VEGGIES, AND FRESH FRUIT	<b>18</b> PORK LOIN W/ SEASONED RICE, MIXED VEGGIES, WHEAT BREAD & FRESH FRUIT	<b>19</b> CHEF SALAD, COTTAGE CHEESE, DINNER ROLL & FRESH FRUIT	<b>20</b> <b>OCTOBER BIRTHDAY DINNER</b> 
<b>23</b> BEEF TIPS OVER NOODLES, PEAS AND CARROTS, DINNER ROLL AND FRESH FRUIT	<b>24</b> SPANISH RICE W/ HAMBURGER, GREEN BEANS, WHOLE WHEAT BREAD, FRESH FRUIT	<b>25</b> CREAM OF CHICKEN WILD RICE SOUP W/ CRACKERS, PUDDING, AND CANTALOUPE	<b>26</b> TACO SALAD W/ LETTUCE, TOMATOES, AND CHEESE, NACHO CHIPS AND FRESH FRUIT	<b>27</b> BAKED FISH SANDWICH W/ CHEESE, POTATO WEDGES, COLESLAW, JELLO & FRESH FRUIT
<b>30</b> CHICKEN RICE SOUP W/ CRACKERS, CHEESE STICK & FRESH FRUIT	<b>31</b> CHILI MAC, DINNER ROLL, CHEESE STICK & FRESH FRUIT	<b>MEAL CENTER PHONE NUMBERS</b> <b>KESHENA SENIOR CENTER (715) 799-3964</b> <b>NEOPIT SENIOR CENTER (715) 756-2290</b> <b>SOUTH BRANCH COMMUNITY CENTER (715) 799-6510</b>		