

**All Senior Center Locations Menu October 2025 (Lunch 11:30a—12:30p)**

**Commission On Aging Phone: 237-0103**

**Charlevoix Senior Center: 547-5361**

**East Jordan Senior Center: 536-7831**

**Boyne Area Senior Center: 582-6682**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p> <p><b>Alternative Meal for Week:</b> <i>Chef Salad</i></p>	<p><b>Soups will be available on Mondays, Wednesday &amp; Fridays Again.</b></p>	<p><b>1. Coffee Day</b> Beef Stew, Diced Beef, Stew Vegetables, Garlic Bread Stick, Vegetable Soup, Fruit</p>	<p><b>2. Name Your Car Day</b> Vegetable Lasagna, Carrots &amp; Spinach, Garlic Bread, Steamed Broccoli, Fruit</p>	<p><b>3. Octoberfest Celebration:</b> Roast Pork &amp; Sauerkraut, Diced Red Skin Potatoes &amp; Chives, Baked Cinnamon Apples, Mini Soft Pretzel, Soup du Jour, Fruit</p>
<p><b>6. 3 Cheese Macaroni &amp; Cheese, Stewed Tomatoes, Garden Vegetable, Soup du Jour, Fruit</b></p> <p><b>Alternative Meal for Week:</b> <i>Roast Beef Wrap</i></p>	<p><b>7. Taco Tuesday:</b> Taco Kit, Seasoned Taco Meat, Lettuce &amp; Tomato, Flour Tortilla, Mexican Rice, Roasted Corn, Fruit</p>	<p><b>8. ALL COA Senior Centers are CLOSED for Training.</b></p>	<p><b>9. Curious Events Day</b> Marinated Teriyaki Pork Chop, Sliced Pineapple, Scalloped Potatoes, Mixed Vegetables, Fruit</p>	<p><b>10. State Plate: Alabama</b> Shrimp &amp; Cheesy Grits, Sweet Potato Casserole, Collard Greens With Bacon, Soup du Jour, Fruit</p>
<p><b>13. Chicken or Veal Parmesan, Pasta Marinara, Fresh Vegetable, Soup du Jour, Fruit</b></p> <p><b>Alternative Meal for Week:</b> <i>Chicken Salad Croissant</i></p>	<p><b>14. Dessert Day</b> Cooks Choice, Potato, Fresh Vegetable, Fruit</p>	<p><b>15. Grouch Day</b> Sweet &amp; Sour Pork &amp; Vegetables, Served with Rice, Egg Roll, Vegetable Soup, Fruit</p>	<p><b>16. Spirit Day</b> Liver &amp; Onions or Country Fried Steak, Mashed Potatoes &amp; Gravy, Fresh Vegetable, Fruit</p>	<p><b>17. Sweetest Day Celebration:</b> Marry Me Chicken Pasta, Green Bean Almondine, Garlic Cheese Biscuit, <b>Red Velvet Cake</b>, Soup du Jour, Fruit</p>
<p><b>20. Suspenders Day</b> Sloppy Joe w/ Cheese, Bun, Ranch Wedge Fries, Soup du Jour, Fruit</p> <p><b>Alternative Meal for Week:</b> <i>Egg Salad &amp; Sliced Tomatoes</i></p>	<p><b>21. Chicken Pot Pie,</b> Diced Chicken, Gravy, Stewed Vegetables, Phyllo Topper, <b>Pumpkin Cheesecake Fluff</b></p>	<p><b>22. Smart is Cool Day</b> Stuffed Pollock topped with Basil Cream, Season Rice, Fresh Vegetable, Vegetable Soup, Fruit</p>	<p><b>23. Hot Open Faced</b> Turkey Sandwich w/ Texas Toast, Turkey Gravy, Au Gratin Potatoes, Brussel Sprouts, Fruit</p>	<p><b>24. Crazy Day</b> BBQ Chicken Thighs, 1/2 Baked Potato, Sour Cream Cup, Garden Vegetable, Soup du Jour, Fruit</p>
<p><b>27. Cranky Co-workers Day</b> Bacon Cheese Burger, Bun, Ranch Wedge Fries, Garden Vegetable, Soup du Jour, Fruit</p> <p><b>Alternative Meal for Week:</b> <i>Grilled Chicken &amp; Bacon Garden Salad w/ Ranch</i></p>	<p><b>28. Chocolate Day</b> Pepper Steak, Colored Peppers &amp; Onions, Seasoned Rice, Fruit</p>	<p><b>29. Hermit Day</b> Baked Potato w/ Cheese, Cottage Cheese w/ Peaches, String Cheese, Baby Carrot Snack Pack, Vegetable Soup, Fruit</p>	<p><b>30. Mischief Night</b> Meatloaf, Mashed Potatoes &amp; Gravy, Fresh Vegetable, Fruit</p>	<p><b>31. Halloween Celebration:</b> Spooky Baked Spaghetti w/ Eyeball Meatballs, Vampire Garlic Bread, Graveyard Zucchini, Swamp Monster Soup du Jo, Fruit, <b>Special Halloween Dessert</b></p>