



October Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00

Monday

Wednesday

Reservations must be made by 9:30AM Friday for Monday's meal		Reservations must be made by 9:30AM Tuesday for Wednesday's meal
October 3 Baked Meatloaf Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Sugar Date Cookie		October 5 Chicken Vegetable Stew Biscuit Brussel Sprouts Oatmeal Craisin Date & Apple Cookie
October 10 CENTER CLOSED FOR HOLIDAY		October 12 Broccoli, Cheddar & Turkey Chowder Italian Green Beans with Garbanzo Beans Wheat Roll Mandarin Oranges & Cake
October 17 Pork Cutlet Cauliflower Diced Beets Wheat Roll Applesauce Ice Cream		October 19 BIRTHDAY DINNER Oven Fried Chicken Garlic Mashed Potatoes Spinach Dinner Roll Birthday Cake
October 24 Chicken Chow Mein Vegetable Rice Pilaf Stir Fry Vegetables Chow Mein Noodles Wheat Dinner Roll Pears		October 26 Roast Pork Applesauce Boiled Potatoes Diced Beets Wheat Dinner Roll Berry Crisp with Cream
October 31 Halloween Pot Roast with Gravy Mashed Potatoes Carrots Dinner Roll Orange Date Cookie		

The Community Center congregate meal service provides a nutritious meal and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.
1-800-642-5119 or 802-786-5990