

SEPTEMBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3 HOLIDAY LABOR DAY CENTERS CLOSED	4 Spaghetti with Meat Sauce Peas & Carrots Marinated Tomato Salad Seasonal Fresh Fruit Garlic Bread Skim Milk	5 Herbed Baked Chicken Candied Carrots Broccoli & Rice Casserole Jello w/Fruit Bread Skim Milk	6 Roast Turkey Cornbread Dressing Spinach Mandarin Oranges & Pineapples Roll Skim Milk	7 Cheeseburger on Bun Lettuce/Tomato/Onion Oven Fried Potatoes Summer Fruit Cup Skim Milk	
10 Roast Pork Sweet Potatoes Zucchini Mandarin Oranges & Bananas Frosted Cake Bread Skim Milk	11 BBQ Chicken Corn O'Brien Green Peas Banana Pudding Whole Wheat Bread Skim Milk	12 Swiss Steak Garden Blend Rice Steamed Cabbage Tossed Salad Fresh Fruit Cup Rolls Skim Milk	13 Mushroom Hamburger Steak Seasonal Pasta Brussel Sprouts Mixed Fruit Whole Wheat Bread Skim Milk	14 Hawaiian Luau Feast Pulled Pork Sandwich Potato Salad Baked Beans Fresh Fruit Skim Milk	
17 Chicken Tenders Green Beans Squash Casserole Pineapple Tidbits Bread Skim Milk	18 Chef Salad Vegetable Soup Crackers Fruit Cup Cookie Skim Milk	19 Baked Pork Chop Broccoli & Rice Casserole Carrots Sherbet Rolls Skim Milk	20 Fried Fish Baked Beans Coleslaw Hushpuppies Lemon Crème Pie Skim Milk	21 Cheeseburger on Bun Lettuce/Tomato/Onion Chips Marinated Vegetable Salad Mixed Fruit Skim Milk	
24 Chicken & Rice Casserole Mixed Vegetables Baked Apple & Ice Cream Bread Skim Milk	25 Pork Cutlet Brown Gravy Pinto Beans Brussel Sprouts Brownie Bread Skim Milk	26 Sliced Ham Baked Potato Green Beans Peach Cobbler Roll Skim Milk	27 Salisbury Steak w/Onion Gravy Country Potatoes & Onions Vegetable Blend Strawberried & Whipped Cream Bread Skim Milk	28 BRUNCH Scrambled Eggs Sausage Hashbrowns Biscuit & Gravy Fruit Juice Skim Milk	
				30	