

OCTOBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b> Beef Patty with Cooked Onions Lightly Seasoned Pasta Green Beans Jello w/Fruit Bread Skim Milk	<b>2</b> Open Faced Turkey Sandwich with Gravy Homemade Mashed Potatoes Mixed Veggies Fruit Cup Cookies Skim Milk	<b>3</b> Chicken Spaghetti California Blend Veggies Tomato Wedges Peaches w/Whipped Topping Bread Skim Milk	<b>4</b> Homemade Meatloaf Mashed Potatoes Candied Carrots Apple Sauce Frosted Gelatin Poke Cake Rolls Skim Milk	<b>5</b> Chicken Salad Sandwich Vegetable Beef Soup Potato Salad Pineapple Tidbits Skim Milk	
<b>8</b>  <b>Center CLOSED</b>  <b>for</b>  <b>Columbus Day Holiday</b>	<b>9</b> Smothered Pork Chop Lightly Buttered Rice w/Pasta Lima Beans Strawberries Oatmeal Cookie Bread Skim Milk	<b>10</b> Roast Turkey Cornbread Dressing Green Beans Mandarin Oranges & Pineapples Roll Skim Milk	<b>11</b> Herbed Baked Chicken Baked Sweet Potato Broccoli & Cheese Fruit Cup Bread Skim Milk	<b>12</b> Spaghetti w/Meatsauce Peas & Carrots Marinated Tomato Salad Baked Apples Garlic Bread Skim Milk	
<b>15</b> Breaded Beef Cutlet Mashed Potatoes Cream Gravy Mixed Veggies Peach Crumble Roll Skim Milk	<b>16</b> BBQ Chicken Corn O'Brien Green Peas Pudding Bread Skim Milk	<b>17</b> Swiss Steak Garden Blend Rice Steamed Cabbage Tomato Wedges Fruit Cup Roll Skim Milk	<b>18</b> Mushroom Hamburger Steak Seasoned Pasta Brussel Sprouts Mixed Fruit Bread Skim Milk	<b>19</b> Pulled Pork on Bun Baked French Fries Carrot Slaw w/Raisins Fresh Fruit Skim Milk	
<b>22</b> Breaded Baked Pork Chops Mashed Potatoes Sauted Zuchini & Squash Apple Crisp Bread Skim Milk	<b>23</b> Beef & Noodles Carrots Green Beans Mandarin Oranges Bread Skim Milk	<b>24</b> Oven Fried Chicken Mixed Vegetables Pasta Salad Baked Apples Bread Skim Milk	<b>25</b> Bacon Wrapped Pork Filet Garlic Mashed Potatoes Broccoli & Cheese Orange Cake Rolls Skim Milk	<b>26</b> Hamburger on Bun Potato Wedges Coleslaw Baked Peaches Skim Milk	
<b>29</b> Chicken & Rice Casserole Peas & Carrots Fruit Cup Sherbet Bread Skim Milk	<b>30</b> Beef Tips and Gravy Buttered Noodles Vegetable Blend Strawberries Roll Skim Milk	<b>31</b> <b>Halloween BRUNCH</b> Scrambled Eggs Sausage Patty Hashbrowns Biscuits & Gravy Mandarin Oranges Skim Milk			
Center Phone: 501-327-2895      Open Monday — Friday 8:00 AM — 4:00 PM    Transportation Available    Like us on Facebook!      On the Web: <a href="http://fcseniors.com">fcseniors.com</a>					