

NOVEMBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			<p>1</p> <p>FRESH HAM STEAK BAKED POTATO PEAS & CARROTS PEACH COBBLER ROLL SKIM MILK</p>	<p>2</p> <p>PORK CUTLET W/GRAVY PINTO BEANS POTATOES AND ONIONS BREAD FROSTED CAKE SKIM MILK</p>	
<p>5</p> <p>CHICKEN SPAGHETTI VEGETABLE BLEND TOSSED SALAD PEACHES W/WHIPPED TOPPING GARLIC BREAD SKIM MILK</p>	<p>6</p> <p>BEEF PATTY W/COOKED ONION LIGHTLY SEASONED PASTA SQUASH CASSEROLE FRUITED JELLO BREAD SKIM MILK</p>	<p>7</p> <p>MEATLOAF GARLIC MASHED POTATOES CANDIED CARROTS FROSTED POKE CAKE ROLL SKIM MILK</p>	<p>8</p> <p>OPEN FACED TURKEY SANDWICH WITH GRAVY MASHED POTATOES MIXED VEGETABLES STRAWBERRIES SKIM MILK</p>	<p>9</p> <p>CHICKEN SALAD SANDWICH VEGETABLE SOUP POTATO SALAD MANDARIN ORANGES SKIM MILK</p>	
<p>12</p> <p>CHICKEN TENDERS GREEN BEANS SQUASH CASSEROLE PINEAPPLE TIDBITS BREAD SKIM MILK</p>	<p>13</p> <p>COUNTRY FRIED STEAK W/GRAVY MASHED POTATOES GREEN BEANS SLICED PEACHES FROSTED CAKE BREAD & SKIM MILK</p>	<p>14</p> <p>BAKED PORK CHOP BROCCOLI RICE CASSEROLE CARROTS SHERBET ROLL SKIM MILK</p>	<p>15</p> <p>CHEF SALAD VEGETABLE SOUP CRACKERS FRUIT CUP COOKIE SKIM MILK</p>	<p>16</p> <p>PULLED PORK SANDWICH COLESLAW POTATO SALAD BAKED BEANS FRUIT SKIM MILK</p>	
<p>19</p> <p>SMOTHERED PORK CHOP BUTTERED RICE W/PARSLEY LIMA BEANS STRAWBERRIES & COOKIE BREAD SKIM MILK</p>	<p>20</p> <p>CHICKEN & DUMPLINGS CARROTS APPLE CABBAGE SALAD SHERBET W/FRUIT BREAD SKIM MILK</p>	<p>21</p> <p>ROAST TURKEY W/GRAVY CORNBREAD DRESSING GREEN BEANS SWEET POTATOES FRUIT SALAD ROLLS--SKIM MILK</p>	<p>22</p> <p>Centers Closed Thanksgiving Holiday</p>	<p>23</p> <p>Centers Closed Thanksgiving Holiday</p>	
<p>26</p> <p>BREADED BEEF CUTLET MASHED POTATOES W/GRAVY MIXED VEGETABLES PEACH CRUMBLE ROLL SKIM MILK</p>	<p>27</p> <p>MUSHROOM HAMBURGER STEAK LIGHTLY SEASONED PASTA GREEN PEAS MIXED FRUIT CUP BREAD SKIM MILK</p>	<p>28</p> <p>BBQ CHICKEN CORN BLACKEYED PEAS GARLIC BREAD BANANA PUDDING SKIM MILK</p>	<p>29</p> <p>HAMBURGER ON BUN LETTUCE/TOMATO/ONION POTATO WEDGES COLESLAW PEACHES SKIM MILK</p>	<p>BRUNCH SCRAMBLED EGGS SAUSAGE PATTY HASHBROWNS BISCUITS & GRAVY MANDARIN ORANGES SKIM MILK</p>	