

DECEMBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3 CHICKEN AND RICE CASSEROLE PEAS & CARROTS BAKED APPLES ICE CREAM BREAD SKIM MILK	4 HAM STEAK BAKED POTATO GREEN BEANS PEACH COBBLER ROLL SKIM MILK	5 BEEF TIPS & GRAVY BUTTERED NOODLES POTATO & ONIONS STRAWBERRIES ROLL SKIM MILK	6 BAKED PORK CHOP MASHED POTATOES W/GRAVY PINTO BEANS BREAD FROSTED CAKE SKIM MILK	7 CHEESEBURGER ON BUN LETTUCE/TOMATO/ONION CHIPS MARINATED VEGETABLE SALAD FRUIT CUP SKIM MILK	
10 BEEF PATTY W/COOKED ONION LIGHTLY SEASONED PASTA SQUASH CASSEROLE PUDDING W/WHIPPED TOPPING BREAD SKIM MILK	11 OPEN FACED TURKEY SANDWICH GRAVY MASHED POTATOES--GRAVY MIXED VEGETABLES OATMEAL COOKIE SKIM MILK	12 MEATLOAF MASHED POTATOES CARROTS FROSTED CAKE ROLLS SKIM MILK	13 CHICKEN SPAGHETTI VEGETABLE BLEND TOMATO WEDGES GARLIC BREAD PEACH CRISP SKIM MILK	14 CHICKEN SALAD SANDWICH VEGETABLE SOUP POTATO SALAD MANDARIN ORANGES SKIM MILK	
17 SWISS STEAK GARDEN BLEND RICE STEAMED CABBAGE GRAPES ROLL SKIM MILK	18 BBQ CHICKEN CORN BLACKEYED PEAS GARLIC BREAD BANANA PUDDING SKIM MILK	19 BREADED BEEF CUTLET MASHED POTATOES CREAM GRAVY NORTHERN BEANS ROLL--PEACH CRUMBLE SKIM MILK	20 FRIED CATFISH TATER TOTS COLESLAW CORNBREAD CHILLED PEACHES SKIM MILK	21 SLICED BAKED HAM SWEET POTATOES GREEN BEANS CORNBREAD DRESSING ROLL--PEACH COBBLER SKIM MILK	
24 CENTERS CLOSED CHRISTMAS HOLIDAYS	25 CENTERS CLOSED CHRISTMAS HOLIDAYS	26 CENTERS CLOSED CHRISTMAS HOLIDAYS	27 CHICKEN TENDERS SQUASH CASSEROLE BLACKEYED PEAS CHOCOLATE PUDDING W/TOPPING BREAD SKIM MILK	28 HAMBURGER STEAK W/MUSHROOMS SEASONED PASTA CARROTS PINEAPPLE & ORANGES BREAD SKIM MILK	
31 BRUNCH 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: fcseniors.com					