

SEPTEMBER 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>HOLIDAY LABOR DAY</p> <p>CENTERS CLOSED</p>	<p>3</p> <p>Chicken Tenders w/Gravy Mashed Potatoes Mixed Vegetables Pudding Bread Skim Milk</p>	<p>4</p> <p>Hamburger on Bun Lettuce, Tomato, Onion Pinto Beans Chips Mixed Fruit Skim Milk</p>	<p>5</p> <p>Chef Salad Turkey, Ham & Cheese Vegetable Beef Soup Fruit Cup Crackers Skim Milk</p>	<p>6</p> <p>Breaded Pork Chop Squash Casserole Blackeyed Peas Sherbet Roll Skim Milk</p>	
<p>9</p> <p>Chicken & Dumplings Carrots Apple Cabbage Salad Peach Cobbler Bread Skim Milk</p>	<p>10</p> <p>Herbed Baked Chicken Sweet Potatoes Broccoli Fresh Fruit Bread Skim Milk</p>	<p>11</p> <p>Smothered Pork Chop Lima Beans Mashed Potatoes Bread Cookie Skim Milk</p>	<p>12</p> <p>Roast Turkey Cornbread Dressing Green Beans Pineapples Roll Skim Milk</p>	<p>13</p> <p>Spaghetti w/Meat Sauce Tossed Salad Peas & Carrots Garlic Bread Baked Apples Skim Milk</p>	
<p>16</p> <p>Chicken and Rice Casserole Mixed Vegetables Peaches Bread Skim Milk</p>	<p>17</p> <p>Beef Tips & Gravy Buttered Noodles Vegetable Blend Bread Strawberries Skim Milk</p>	<p>18</p> <p>Fresh Ham Steak Baked Potato w/Sour Cream Peas & Carrots Peach Cobbler Roll Skim Milk</p>	<p>19</p> <p>Pork Cutlet w/Brown Gravy Mashed Potatoes Green Beans Bread Brownie Skim Milk</p>	<p>20</p> <p>BBQ Chicken Corn O'Brien Green Peas Garlic Bread Banana Pudding Skim Milk</p>	
<p>23</p> <p>Chicken Spaghetti California Blend Vegetables Tossed Salad Peaches w/Whipped Topping Bread Skim Milk</p>	<p>24</p> <p>Beef Patty w/Cooked Onions Lightly Seasoned Pasta Squash Casserole Fruited Gelatin Roll Skim Milk</p>	<p>25</p> <p>Homemade Meatloaf Mashed Potatoes Candied Carrots Frosted Poke Cake Bread Skim Milk</p>	<p>26</p> <p>Fried Catfish Baked Beans Coleslaw--Onion Hush Puppies Ice Cream Skim Milk</p>	<p>27</p> <p>Chicken Salad Sandwich Potato Salad Vegetable Soup Pineapples Skim Milk</p>	
<p>30</p> <p>BRUNCH Scrambled Eggs Sausage Patty Hashbrowns Biscuit & Gravy Mandarin Oranges Skim Milk</p>	<p>Dinner and Bingo Tuesday, September 10th Sponsored by Brookdale <i>Menu:</i> Pizza, Tossed Salad Dessert</p>				