

SEPTEMBER 2017	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Fried Fish Baked Potato Coleslaw Hushpuppies Fresh Fruit	
4 <b>Holiday - Labor Day</b>  <b>Centers Closed</b>	5 Mini Pizza Tossed Salad w/dressing Crackers Fresh Orange Skim Milk	6 Great Northern Beans w/Ham Chunks Turnip Greens Vegetable Salad Cornbread Peach Cobbler Skim Milk	7 Baked Chicken Baked Sweet Potato Green Beans Roll Banana Pudding Skim Milk	8 Hawaiian Luau Pineapple Meatballs Chicken Kabobs Fruit and Veggie Trays Dips & Chips Cocktail Smokies	
11 Bacon Wrapped Pork Filet Rice Pilaf Green Beans Cornbread Fruit Cup Skim Milk	12 Roast Turkey Candied Sweet Potatoes Capri Blend Vegetables Rolls Cookie & Mandarin Oranges Skim Milk	13 Oven Fried Chicken Scalloped Potatoes Carrots Roll Apple Cobbler Skim Milk	14 Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Fruit Cup Frosted Cake Skim Milk	15 Soft Beef Taco Refried Beans Lettuce & Tomato Cheesecake w/Berries Skim Milk	
18 Frito Chili Pie Tossed Salad w/Dressing Mandarin Oranges Cookie Skim Milk	19 BLT Sanwich Potatoe Chips Melon in Season Graham Crackers Skim Milk	20 Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Roll Pears Skim Milk	21 Chicken Salad Pasta Salad Lettuce & Tomato Peach Cobbler Skim Milk	22 Chicken Tetrzzini Broccoli Roll Pineapple Rings Skim Milk	
25 Spaghetti w/ Meat Sauce Green Peas Tossed Salad w/Dressing Garlic Bread Brownie Skim Milk	26 BBQ Pork on Bun Baked Beans Coleslaw Cantaloupe Cookie Skim Milk	27 Cheeseburger Baked Fries Lettuce & Tomato Chilled Peaches Skim Milk	28 Mexican Chicken Casserole Spinach Garlic Bread Angel Food Cake with Strawberries & CoolWhip Skim Milk	30 Scrambled Eggs Hashbrowns Biscuit w/gravy Sausage Pineapple & 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					