

OCTOBER 2017	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b> Hamburger Steak w/Onions Rice Mixed Vegetables Roll Ambrosia Salad Skim Milk	<b>3</b> Mini Pizza Tossed Salad w/Dressing Crackers Peach Cobbler Skim Milk	<b>4</b> Great Northern Beans w/Ham Turnip Greens Vegetable Salad Cornbread Orange Skim Milk	<b>5</b> Chicken Fried Steak Mashed Potatoes w/Gravy Carrots Roll Cinnamon Roll Skim Milk	<b>6</b> Baked Chicken Baked Sweet Potato Green Beans Bread Banana Pudding Skim Milk	
<b>9</b> <b>Center CLOSED</b>  <b>for</b>  <b>Columbus Day Holiday</b>	<b>10</b> Smoked Sausage w/Onions & Peppers Pinto Beans Cornbread Tropical Fruit Skim Milk	<b>11</b> Meatloaf Mashed Potatoes Peas & Carrots Rolls Pineapple Upside Down Cake Skim Milk	<b>12</b> BBQ Chicken Corn Potato Salad Roll Bread Pudding w/Vanilla Sauce Skim Milk	<b>13</b> Fried Fish Baked Potato Coleslaw Hushpuppies Fresh Fruit Skim Milk	
<b>16</b> Taco Salad Refried Beans Lettuce & Tomato Cheesecake w/Berries Skim Milk	<b>17</b> Oven Fried Chicken Mashed Potatoes Carrots Roll Apple Cobbler Skim Milk	<b>18</b> Bacon Wrapped Pork Filet Rice Pilaf Seasoned Beans Cornbread Fruit Cup Skim Milk	<b>19</b> Roast Turkey Candied Sweet Potatoes Capri Blend Vegetables Roll Cookie & Mandarin Oranges Skim Milk	<b>20</b> Open Faced Roast Beef Sandwich Mashed Potatoes/Gravy Green Beans Fruit Cup Frosted Cake Skim Milk	
<b>23</b> Bacon, Lettuce, Tomato Sandwich Cheese Potato Chips Melon Graham Crackers Skim Milk	<b>24</b> Chicken Tetrizzini Broccoli Roll Pineapple Rings Skim Milk	<b>25</b> Frito Chili Pie Tossed Salad Mandarin Oranges Cookie Skim Milk	<b>26</b> Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Roll Pears Skim Milk	<b>27</b> Tuna Salad Sandwich Pasta Salad Lettuce & Tomato Peach Cobbler Skim Milk	
<b>30</b> Hamburger Steak w/Onions & Gravy Baked Potato Spinach Angel Food Cake w/ Strawberries & Cool Whip Skim Milk	<b>31</b> <b>9:45 Brunch</b> Scrambled Eggs Hashbrowns Biscuit & Gravy Sausage Fruit Juice 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://fcseiors.com">fcseiors.com</a>					