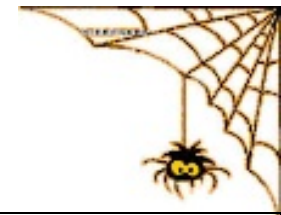


Mizell Senior Center October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Mashed Potatoes W/Gravy Succotash Wheat Roll	2  Mac & Cheese W/ Kielbasas Sausage California Blend Vegetable Wheat Roll	3 Beef & Broccoli Stir Fry Jasmine Rice Almond Cookie	4 Chicken Salad Sandwich Lettuce & Tomato Baked Chips Pea Salad	5 Senior Lifestyle Expo BBQ Lunch Dessert
8  Columbus Day	9 Rigatoni W/Meat Sauce Italian Vegetables Garlic Bread	10 Parmesan Chicken Farfalle Pasta Broccoli Wheat Roll	11 Teriyaki Chicken Asian Vegetables Brown rice Hawaiian Roll	12  Pulled Chicken Sandwich Tater tots Coleslaw
15 Chicken Alfredo Lasagna Green Salad Italian Dressing Garlic Bread	16 Chicken Broccoli Rice Casserole Carrots Wheat Roll	17  Chuck Wagon Chili Mixed Vegetable Corn Bread Rice	18 Oven Fried Chicken Mashed Potatoes W/Gravy Mixed Vegetables Wheat Roll	19 Turkey Sandwich on Wheat Bread Lettuce & Tomato Baked Chips
22 Chicken Tamale Corn & Bell Peppers Spanish Rice Black Beans	23 Asian Chicken Stir Fried Vegetables Noodles Hawaiian Roll	24 Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll	25 Cobb Salad Bacon, Chicken, Eggs Avocado, Ranch Croutons	26 Egg Salad Sandwich Wheat Bread Baked Chips
29 Ham Dinner Scalloped Potatoes Glazed Carrots Wheat Roll	30 Chicken Cacciatore Roasted Potatoes Carrots Wheat Roll	31 Wormy Sausage Sandwich (Sausage and peppers) Vampire Bread (Garlic Bread) Potato Salad		

 = High Sodium Day