



Mizell Senior Center October 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spaghetti W/Meat Sauce Italian Vegetables Garlic Bread Milk	2 ▲ Pork Loin Creamed Spinach Country Potatoes Wheat Roll Milk	3 Chicken Salad Sandwich Wheat Bread Broccoli Salad Baked Chips Milk	4 Swedish Meatballs Egg Noodles California Blend Wheat Roll Milk
7 Teriyaki Chicken Asian Vegetables Brown Rice Hawaiian Roll Milk	8 Beef Pot Roast Potatoes & Carrots Green Beans Wheat Roll Milk	9 Chicken Florentine Peas & Carrots Rice Pilaf Wheat Roll Milk	10 Cheese Ravioli W/Marinara Sauce California Blend Garlic Bread Milk	11 BBQ Chicken Creamed Spinach Baked Beans Wheat Roll Milk
14 CLOSED 	15 Beef Stroganoff Egg Noodles Carrots Wheat Roll Milk	16 Roasted Turkey Sandwich Wheat Bread Beet Salad Baked Chips Milk	17 Oven Fried Chicken Mashed Potatoes w/Gravy Mixed Vegetables Wheat Roll Milk	18 Baked Ziti W/Meatballs Broccoli Milk
21 Green Chicken Enchiladas Aztec Rice Broccoli Milk	22 Egg Salad Sandwich Wheat Bread Garden Salad Baked Chips Milk	23 Beef Stew Potatoes & Carrots Cauliflower Mix Wheat Roll Milk	24 Chef Salad Ham, Turkey, Cheese & HB Egg Saltine Crackers Milk	25 Meat Loaf Mashed Potatoes W/Gravy Carrots Wheat Roll Milk
28 Shepard's Pie California Blend Veggies Garden Salad Wheat Roll Milk	29 Baked Herb Chicken Chuck Wagon Veggies Garden Rice Wheat Roll Milk	30 ▲ Hamburger Lettuce & Tomato Tater Tots Coleslaw Milk	31 Screaming Chicken Breast Spooky Farfalle Pasta Brainy Broccoli Au Gratin Frightening Wheat Roll Goey Milk	

