## **ELMWOOD COMMUNITY CENTER**

## October 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1	October 2	October 3	October 4
	Meatloaf	Baked Chicken w/	Tuna Noodle Casserole	Chili con Carne
	Augratin Potatoes	Mushroom Gravy	Stewed Tomatoes	Cornbread
	Carrots	Roasted Red Potatoes	Peas	Tossed Salad/Dressing
	Pineapple & Mandarin Oranges	Green Beans	Fruited Gelatin	Fruit Crisp
7	Birthday Cake & Ice cream	Fruit & Cookies	Ice Cream x cake	
Burndey	@ Eagle		B.f. Clinic	
	Birthday Bingo		Birthday BINGO	
October 7	October 8	October 9	October 10	October 11
Chicken & Noodles	Roast Beef	Lasagna w/Meatsauce	Roast Turkey w/ gravy	Beef Stew w/poatatoes
Spinach Casserole	Mashed Potatoes/gravy	Tossed Salad/Drsg	Sweet Potatoes	carrots & cabbage
Carrifruit Salad	Corn	Peas & Carrots	Green Beans	Coleslaw
Pudding	Fruited Gelatin	Garlic Bread	Cranberry Relish	Biscuit/margarine
	Pumpkin Bar	Ice Cream Sundae	Rice Krispie Bar	Mixed Fruit
			Board Meeting	Foot Care Clinic
October 14	October 15	October 16	October 17	October 18
Cheeseburger Deluxe	Oven Fried Chicken	Baked Ham	Steak w/ Smothered Onions	Salmon Loaf
w/ lettuce, tomato,onions	Mashed Potatoes/Gravy	Sweet Potatoes	Baked Potato w/ Sour Cream	Creamed Peas
and pickles	Cauliflower	Peas & Mushrooms	Zucchini & Tomatoes	Roasted Red Potatoes
Scalloped Corn	Carrot Raisin Salad	Pineapple	Fruit & Cookies	Peaches
Cupcake	Pudding	Butterscotch Squares		
October 21	October 22	October 23	October 24	October 25
Tator tot Casserole	Swedish Meatballs	Country Fried Steak	Polish Sausage	Spaghetti w/ Meat Sauce
with Green Beans	over Rice	w/ Cream Gravy	& Saurkraut	California Mix
Coleslaw	Lima Beans	Mashed Potatoes	Augratin Potatoes	Tossed Salad/Drsg
Fruit Cocktail	Fruit Salad	Mixed Vegetables	Fruited Gelatin	Garlic Bread
	Lemon Bar	Pie	Frosted Cake	Brownie
Marathon Cards				
October 28	October 29	October 30	October 31	6 2
Breaded Fish on a Bun	Salisbury Steak	Pasta, Beef & Tomato Casserole	Ham & Scalloped Potatoes	
Tartar Sauce	Mashed Potatoes w/ Gravy	Corn	Harvard Beets	
Oven Browned Potatoes	Brussel Sprouts	Tossed Salad/Drsg	Orange Fruited Gelatin	E TELL
0.1.1	Waldorf Salad	Bread Pudding	Pumpkin Pie	
Coleslaw	waluuti Salau	Dieau Fuduling	rumpkiirrie	
Colesiaw Mixed Fruit	Chocolate Chip Bar	bread Fudding	r dilipkili Fie	

All meals are subject to change

All meals include Milk, Bread and Margarine

\$ 4.00 per meal

Please call for reservation before 9 am. 994-2145