

Lumpkin County Senior Center
 266 Mechanicsville Rd
 (706)864-2358

October, 2015



Thursday, 10/1	Friday, 10/2
<input type="checkbox"/> Sausage/Onion/Pepper	<input type="checkbox"/> Chicken Supreme
Mixed Beans	Mashed Spiced Yams
Cabbage/Bun	Green Peas/Roll
Fluffy Fruit Salad	Raspberry Gelatin
Choc Milk/Mustard	Milk/Margarine/Cran Sau
Diet - Mixed Fruit	Diet - Gelatin
<input type="checkbox"/> Sloppy Joe Meatball	

Monday, 10/5	Tuesday, 10/6	Wednesday, 10/7	Thursday, 10/8	Friday, 10/9
<input type="checkbox"/> Meatloaf w/Gravy	<input type="checkbox"/> BBQ Chicken Thigh	<input type="checkbox"/> Beef Santa Fe Stew	<input type="checkbox"/> Parmesan Chicken	<input type="checkbox"/> Sausage Patty (2)
Whipped Potatoes	Lima Beans	Buttered Rice	Rotini/Tomatoes	Hashbrown Casserole
Okra & Tomatoes	Greens/Vinegar	Cabbage	Broccoli/Salad/Dressing	Hot Spiced Apples
Roll/Sugar Cookie	Peaches/Pineapple	Crackers/Fruit	Bread/Lemon Cake	Grape Juice/Biscuit
Milk/Margarine	Milk/Margarine	Milk	Choc Milk/Margarine	Milk/Margarine/Jelly
Diet - Shortbread	Diet Same	Diet Same	Diet - Pound Cake	Diet Same
<input type="checkbox"/> Lemon Pepper Chicken	<input type="checkbox"/> Glazed Ham		<input type="checkbox"/> Italian Style Pork	<input type="checkbox"/> Breaded Chicken Patty

Monday, 10/12	Tuesday, 10/13	Wednesday, 10/14	Thursday, 10/15	Friday, 10/16
<input type="checkbox"/> Chicken Strips/Gravy Field Peas Baby Carrots Roll/PB Cookie Milk/Margarine Diet - Shortbread <input type="checkbox"/> Beef Fingers	<input type="checkbox"/> Beef/Bean Burrito Mexican Rice Black Beans Lettuce/Tomato/Fruit Milk/Taco Sauce/Sour Cr Diet Same	<input type="checkbox"/> BBQ Pork Baked Pinto Beans Cole Slaw/Bun Apple Cobbler Chocolate Milk Diet - Apple Slices <input type="checkbox"/> Sloppy Joes	<input type="checkbox"/> Chicken Sausage Gumbo Red Beans/Rice Whole Kernel Corn Crackers/Fruit Milk Diet Same	<input type="checkbox"/> Beef Spaghetti Casserol Squash/Zucchini Green Beans/Salad Bread/Marble Cake Milk/Marg/Ranch Diet - Pound Cake

Monday, 10/19	Tuesday, 10/20	Wednesday, 10/21	Thursday, 10/22	Friday, 10/23
<input type="checkbox"/> Teriyaki Meatballs Fried Rice/Bread Broccoli/Carrots Fudge Crème Cookie Milk/Margarine Diet - Choc Cream Cookie <input type="checkbox"/> Teriyaki Chicken	<input type="checkbox"/> Ham/Potato Casserole Rutabagas Turnip Greens/Vinegar Cornbread/Pudding Milk/Margarine Diet - Vanilla Pudding	<input type="checkbox"/> Hamburger Patty Beans/Cats/Mustard Potato Wedges Lettuce/Tomato/Onion Bun/Fruit/Choc Milk Diet Same <input type="checkbox"/> Grilled Chicken	<input type="checkbox"/> Sausage Patty (2) Cheese Grits Hot Spiced Apples Juice/Biscuit/Jelly Milk/Margarine Diet Same <input type="checkbox"/> Breaded Chicken Patty	<input type="checkbox"/> Vegetable Beef Soup Buttered Rice Salad/Ranch Cornbread/Peaches Milk Diet Same

Monday, 10/26	Tuesday, 10/27	Wednesday, 10/28	Thursday, 10/29	Friday, 10/30
<input type="checkbox"/> Salisbury Steak Scalloped Potatoes Brussels Sprouts Bread/Choc Chip Cookie Milk/Margarine Diet - Shortbread <input type="checkbox"/> Honey Baked Chicken	<input type="checkbox"/> Macaroni & Cheese Blackeyed Peas Collard Greens/Vinegar Cornbread/Banana Milk/Margarine Diet - Same	<input type="checkbox"/> Smothered Chick Thigh Country Corn Green Beans/Roll Devil's Food Cake Milk/Margarine Diet - Pound Cake <input type="checkbox"/> Grilled Pork	<input type="checkbox"/> Sausage/Onion/Pepper Mixed Beans Cabbage/Bun Fluffy Fruit Salad Choc Milk/Mustard Diet - Mixed Fruit <input type="checkbox"/> Sloppy Joe Meatball	<input type="checkbox"/> Beef Chili Baked Potato Broccoli/Cheese Crackers/Cookie Milk/Margarine Diet - Choc Cream Cookie