



The McKissick Center
FOR SENIOR WELLNESS

October 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			1 Baked Ziti Broccoli, Tossed Salad Fruit Crisp Garlic Roll		2 Sliced Turkey Peas, Roasted Carrots Cornbread Dressing Baked Apples, Milk		3 Baked Chicken Sauteed Spinach Summer Squash Red Beans & Rice Juice Packet & Milk		4 Hot Dog with Chili Black Beans & Corn Salad Orange Pudding Chocolate Milk
	7 Herb Roasted Chicken Sweet Potato Roasted Mix Vegetables Baked Apples & Raisins Roll & Yogurt		8 White Chicken Chili Yellow Squash Fresh Fruit Roll Milk		9 Ginger Mustard Pork Chop Hot Potato Salad Brussell Sprouts Roll & Banana Milk		10 Beef & Spinach Lo Mein Green Beans Egg Roll Fruit Cup Yogurt		11 Sloppy Joe on Bun Baked Beans Broccoli Orange Milk
	14 Cube Steak w/ Onions Brussell Sprouts Lima Beans, Rice Roll Juice Packet & Yogurt		15 Baked Spaghetti with Cheese Steamed Brocoli Tossed Salad Garlic Roll Peach Crisp		16 Baked Chicken Strips Turnip Greens, Cornbread Squash & Zucchini Apple Yogurt		17 Pork Roast Steamed Carrots Buttered Cabbage Banana & Roll Milk		18 Tuna Pasta Salad Pickled Beets Cucumber & Tomato Salad Orange Cheddar Cheese
	21 Chicken & Rice Soup Southwest Vegetables Buttermilk Cornbread Fruit Gelatin Milk		22 Chopped Steak with Onions & Gravy Baked Sweet Potato Turnip Greens, Roll Tropical Fruit, Yogurt		23 Salmon Patty Broccoli & Cheese Rice Pilaf, Corn Banana Chocolate Milk		24 Lemon Pepper Chicken Green Peas & Pimento Parslied Carrots, Roll Apple Milk		25 Pork Tenderloin Pinto Beans Steamed Cabbage Orange, Roll Milk
	28 BBQ Chicken Thigh Mashed Potatoes Lima Beans, Roll Juice Packet, Yogurt		29 Baked Ziti Broccoli, Tossed Salad Fruit Crisp Garlic Roll		30 Sliced Turkey Peas, Roasted Carrots Cornbread Dressing Baked Apples Milk		31 Baked Chicken Sauteed Spinach Summer Squash Red Beans & Rice Juice Packet & Milk		

MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY