

CALL IF EATING IN
BEFORE 9am

Suggested
Donation \$4 **(802)287-9200**

Under 60 suggested
donation of \$6

Meals Served 12:00

Oct-26

Tuesday		Wednesday		Thursday		Friday	
				1		2	
				Turkey Breast Stuffing Mashed Potatoes Broccoli Pears <u>Bone Builders 9:30</u>		Spinach & Cheese Stuffed Shells Garden Salad Fruit Crisp <u>Chair Yoga @12:45</u>	
6		7		8		9	
Pancake Bake Bacon Home Fries Peaches <u>Bone Builders 9:30</u>		Chef Salad Meat, Cheese, Veggies Fruit Crisp <u>Card Playing 1:00 PM</u>		Birthday Dinner Meatloaf w Gravy Mashed Potatoes Peas/Carrots Fruit Cocktail <u>Bone Builders 9:30</u>		Chicken Parm Pasta & Sauce Garden Salad Plums <u>Chair Yoga @12:45</u>	
13		14		15		16	
Baked Ziti w Ricotta Cheese Garden Salad Peaches <u>Bone Builders 9:30</u> <u>BP Check 11:30</u>		Sweet & Sour Pork Rice Brussel Sprouts Oranges <u>Card Playing 1:00 PM</u>		Beef Stroganoff Noodles Garden Salad Fruit Crisp <u>Bone Builders 9:30</u>		Taco Bake Cole Slaw Fruit Crisp <u>Chair Yoga @12:45</u>	
20		21		22		23	
Veggie Lasagna Garden Salad Pears <u>Bone Builders 9:30</u>		Corn Chowder Deli Sandwich 3-Bean Salad Peaches <u>Craft Project 10a</u> <u>Card Playing 1:00 PM</u>		Mac & Cheese Stewed Tomatoes Broccoli Pineapple <u>Bone Builders 9:30</u>		Sausage & Peppers Pasta Garden Salad Yogurt Parfait <u>Chair Yoga @12:45</u>	
27		28		29		30	
Shredded BBQ Chicken Sandwich Potato Salad Cottage Cheese Peaches <u>Bone Builders 9:30</u>		Smothered Pork Chop Casserole Coleslaw Fruit Crisp <u>Card Playing 1:00 PM</u>		<u>Pasta Primavera</u> <u>w Whole Grain Pasta</u> <u>Veggies</u> <u>Yogurt Parfait</u> <u>Bone Builders 9:30</u>		Open Roast Beef Sandwich Mashed Potatoes Carrots Pears <u>Chair Yoga @12:45</u>	

ALL MEALS INCLUDE: 1% Milk, Whole Wheat Bread, and Low Sodium Gravy. Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, and peppers.