



# What's Cookin? October 2021

~Milk Offered Daily ~Menu subject to change without notice~ Suggested \$3 Donation per meal



Monday

Tuesday

Wednesday

Thursday

Friday

|  |   |  |   |   |
|--|---|--|---|---|
| <p>Please be sure to indicate whether you are signing up for Congregate or Take-Out lunches. You have this option on-line, on the touch screen and when making reservations with Bonnie. We have lots of duplicates –people who have signed up for take-out and congregatemeals. Your attention to this matter would be greatly appreciated.</p> <p>See Bonnie if you have any questions.<br/>Lunch is served from 11:45 a.m. to 12:45 p.m</p> |   |  |   |   |
| <p>4<br/>Swiss Chicken Bake<br/>Parlsied Red Potatoes<br/>Snap Peas<br/>Dinner Roll<br/>Oatmeal Raisin Cookie</p>  | <p>5<br/>Mini Chef Salad<br/>Chef Choice Soup<br/>Ambrosia Salad<br/>Chef Choice Muffin<br/>Brownie</p> | <p>6<br/><b>BirthDay Party!</b><br/>Beef Tips<br/>Mashed Potatoes/Gravy<br/>Glazed Carrots<br/>Green Salad w/Fruit<br/>Wheat Roll<br/>BirthDay Cake</p>      | <p>7<br/>Cajun Chicken Pasta<br/>Key Biscayne Veggies<br/>Fruited Broccoli Salad<br/>Garlic Toast</p>   | <p>1<br/>Biscuits and Sausage Gravy<br/>Crispy Hashbrowns<br/>Asparagus<br/>Fruit and Yogurt</p>              |
| <p>11<br/>Center Closed for<br/>Columbus Day</p>   | <p>12<br/>Fish and Chips<br/>Spinach w/Lemon<br/>Fruit Cup<br/>Buttery Biscuit<br/>Snickerdoodle</p>    | <p>13<br/><b>Myers Day</b><br/>Mushroom Pork Chops<br/>Cornbread Stuffing<br/>Steamed Broccoli<br/>Fruited Tossed Salad<br/>Sliced Bread<br/>Apple Crisp</p> | <p>14<br/>Chicken Malibu Sandwich w/<br/>Honey Mustard<br/>Onion Rings<br/>Steamed Veggies<br/>Frog Eye Salad</p>   | <p>8<br/>Smoked Kielbasa &amp; Potato<br/>Casserole<br/>Mixed Veggies<br/>Fruit Cup<br/>Cinnamon Muffin</p>   |
| <p>18<br/><b>Gillies Day</b><br/>BBQ Chicken<br/>Baked Beans<br/>Scandinavian Veggies<br/>Coleslaw<br/>Corn Muffin<br/>Orange Cream Poke Cake</p>  | <p>19<br/>Chicken Spaghetti<br/>Casserole<br/>Steamed Veggies<br/>Grape Salad<br/>Blueberry Muffin</p>  | <p>20<br/>Pork Enchiladas<br/>Spanish Rice<br/>Malibu Blend Veggies<br/>Honey Lime Fruit Salad<br/>Churro</p>  | <p>21<br/>Stew<br/>Shoestring Beets<br/>Sliced Apples<br/>Cheddar Bay Biscuit<br/>Cranberry Fluff</p>   | <p>15<br/>Waffle w/Butter and Syrup<br/>Sausage Links<br/>Hashbrown Patty<br/>Mandarin Oranges</p>            |
| <p>25<br/>Chili Dogs<br/>Potato Wedges<br/>Corn<br/>Fresh Fruit<br/>Lemon Bar</p>  | <p>26<br/>Russian Chicken<br/>Steamed Rice<br/>Snap Peas<br/>Fruit Cup<br/>Dinner Roll</p>              | <p>27<br/>Ravioli Bake<br/>Cauliflower<br/>Fluffy Fruit Cup<br/>Breadstick</p>   | <p>28<br/><b>Halloween Lunch</b><br/>Spooky Meatloaf<br/>Mashed Potatoes<br/>French Green Beans<br/>Candy Corn Salad<br/>Wheat Roll<br/>Pumpkin Dessert</p> | <p>22<br/>Mushroom and Bacon<br/>Frittata<br/>Diced Rosemary Potatoes<br/>Pistachio Salad<br/>Bran Muffin</p> |
|  |   |  |   | <p>29<br/>Center Closed for 5th<br/>Friday Cleaning Day</p>   |

If you are planning on joining us for lunch, you need to call or sign-up **at least 24-hours** in advance. This means registering by 12 Noon the day before you want the meal. **This does not include calling the morning of the meal!** It is hard to serve everyone when we don't have a correct count. We enjoy having everyone drive up for lunch, however, we need to be able to prepare for the individuals who have taken the time to follow the policy and sign up on time. Check out the information on page 7 for signing up from home on your computer. Be sure to specify congregatemeal or Take out meal. Call 435-226-1457 if you have any questions.

For those 60+, their spouse of any age, or disabled child; or a volunteer, the **suggested donation is \$3.00**. Please be generous and give what you can afford. **This program relies on donations to continue providing meals.**  
The full cost of the meal is \$7.40 for those under age 60.

An envelope is provided with your take-out meal to make your donation. A drop box is located by the Front Desk