

PERRY COUNTY SENIOR CENTER - 4 N. SPRING, PERRYVILLE 547-2188

EPC SENIOR CENTER - 266 CHURCH ST, ALTENBURG 824-5827

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MENU

SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov. 29 Meatloaf Corn California Blend Veggies Bread *Fruit Crisp	Nov. 30 Chicken & Dumplings Slaw Green Beans * WG Bread Cottage Cheese & Pears	1 Pasta w/ Meaty Sauce Garden Salad Italian Blend Veggies WG Bread Tropical Fruit or Dessert	2 Pepper Steak Long Grain & Wild Rice Vegetable Blend WG Hot Roll Warm Apples w/Cinnamon	3 Ham Sandwich OR Catfish Broccoli Cheese Soup WG Bread or Bun Spinach Salad Apple CATFISH FOR DRIVE-THRU
6 Salisbury Steak Mashed Potatos w/ Gravy Green Beans Hot Roll *Berry Crisp	7 Taco Salad OR Crispito *WG Mexican Rice Black Bean & Corn Relish Tortilla Chips Fruit Salad or Dessert	8 Chicken Sandwich Seasoned Cabbage Potato Wedges *WG Bun Cottage Cheese w/Pineapple	9 Chicken and Rice Mixed Vegetables Seasoned Cauliflower *WG Bread Applesauce	10 Cheeseburger OR Catfish Baked Beans Slaw WG Bread or Bun SF Pudding w/Bananas CATFISH FOR DRIVE-THRU
13 Chicken Strips Macaroni and Cheese Green Beans Carrots *WG Bread Peaches	14 Chef Salad w/Ham, Eggs, Cheese Carrot and Celery Sticks *WG Crackers Applesauce	15 Beef Stew *WG Biscuit Seasoned Cauliflower Fruit Cocktail or Dessert	16 Baked Chicken *LG/Wild Rice Vegetable Blend Peas Blushing Pears	17 Fish Sandwich OR BBQ Riblet Slaw Potato Wedges *WG Bun *WG Fruit Crisp CATFISH FOR DRIVE-THRU
20 Country Steak Mashed Potatos w/Gravy California Blend *WG Dinner Roll Rosy Applesauce	21 Breakfast for Lunch!! Scrambled Eggs and Sausage *WG Biscuit Oven Fried Potatos Baked Apples Orange Juice OR Dessert	22 SLICED ROAST BEEF Mashed Potatoes Green Bean Casserole *WG Bread Fruit Cocktail or Dessert	23 Chili w/Beef & Beans Peanut Butter Sandwich Peas and Carrots *WG Bread or Crackers Tropical Fruit	24 SENIOR CENTER CLOSED 
25 SENIOR CENTER CLOSED 	28 Open Face Turkey Sandwich Mashed Potatos with Gravy Carrots Bread *Fruit Crisp	29 Ham and Beans Stewed Tomatoes Spinach Salad Cornbread *WG Crackers SF Pudding with Bananas	30 Chicken Breast Mashed Potatoes Beets *WG Dinner Roll Emerald Isle Salad or Dessert	31 Pulled Pork OR Catfish Baked Beans Slaw *WG Bun Spiced Peaches CATFISH FOR DRIVE-THRU

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