

## Camdenton Senior Center

October 2021

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Mon	Tue	Wed	Thu	Fri
				1 Ham Au Gratin Potatoes Green Beans Dinner Roll Margarine Fruit Crisp Milk
4 Chicken Alfredo Broccoli Berries Garlic Breadstick Dessert Milk	5 Oven Fried Chicken Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Fruit Cobbler Milk	6 Pork Chop Sweet Potatoes Peas Bread Margarine Baked Apples Milk	7 Beef Stew Cabbage Fruit Biscuits Margarine Dessert Milk	8 Parmesan Crusted Fish Coleslaw Mac & Cheese Pinto Beans Bread/Margarine Peaches Milk
11 Ham and Beans Spinach Fried Potatoes w/Onions Cornbread Margarine Fruit Milk	12 Meatloaf Gravy Mashed Potatoes California Blend Bread Margarine Dessert Milk	13 Pot Roast Chunk Potatoes Carrots Dinner Roll Margarine Assorted Desserts Milk	14 BBQ Chicken Scalloped Potatoes Oven Roasted Broccoli Bread Margarine Ambrosia Salad Milk	15 Sausage, Egg & Cheese Skillet Diced Potatoes w/ Peppers & Onions Tortilla Shell Margarine Fruit & Yogurt Parfait Milk
18 Spaghetti with Meatballs Italian Blend Salad Garlic Breadsticks Pudding Milk	19 Turkey/Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Pumpkin Dessert Milk	20 Taco Salad Corn Black Beans Bread Margarine Fruited Jell-O Milk	21 Pulled Pork/Bun Hashbrown Casserole Country Blend Applesauce Milk	22 French Dip/Bun Au Jus Sauce Roasted Rosemary Potatoes Warm Fruit Compote Assorted Dessert Milk
25 Polish Sausage/Bun Kraut Mashed Potatoes Gravy Dessert Milk	26 Hamburger Steak with Grilled Mushrooms & Onion Garlic Mashed Potatoes Mixed vegetables Bread Margarine Pie Milk	27 Baked Chicken Creamed Corn Baked Potato Bread Margarine Fruit Milk	28 Chicken Pot Pie Salad Beets Bread Margarine Dessert Milk	29 Halloween Dogs HobGoblin Burgers Baked Beans Potato Salad Buns Margarine Graveyard Dirt Cake Milk