Osage Beach Senior Center

573-348-2909

Monthly Menu October 2021				
Mon	Tue	Wed	Thu	Fri
				1 Ham Au Gratin Potatoes Green Beans Dinner Roll Margarine Fruit Crisp Milk
4 Oven Fried Chicken Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Fruit Cobbler Milk	5 Battered Fish Coleslaw Pinto Beans Mac & Cheese Peaches Milk	6 Pulled Pork Brats German Potato Salad Red Cabbage German Chocolate Cake Milk	7 Chicken Alfredo Broccoli Berries Garlic Breadstick Cheesecake Milk	8 Beef Stew Cabbage Fruit Biscuits Margarine Assorted Dessert Milk
11 BBQ Chicken Scalloped Potatoes Oven Roasted Broccoli Bread Margarine Ambrosia Salad Milk	12 Beans with Ham Spinach Fried Potatoes & Onions Cornbread Margarine Fruit Milk	13 Pot Roast Chunk Potatoes Carrots Dinner Roll Margarine Cake Milk	14 Ham & Eggs Hashbrown Casserole Fruit Bowl Biscuit/Gravy Margarine Blueberry Pancake Milk	15 Meatloaf Gravy Mashed Potatoes California Blend Bread Margarine Assorted Dessert Milk
18 Spaghetti with Meatballs Italian Blend Salad Garlic Breadsticks Pudding Milk	19 Pulled Pork/Bun Hashbrown Casserole Country Blend Applesauce Milk	20 Taco Salad Corn Black Beans Bread Margarine Fruited Jell-O Milk	21 Turkey/Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Pumpkin Dessert 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 Cake Milk	26 Sausage, Egg Cheese Breakfast Skillet Diced Potatoes Pepper & Onions Tortilla Shell Margarine Coffee Cake Milk	27 Hamburger Steak with Grilled Mushrooms & Onion Garlic Mashed Potatoes Mixed vegetables Bread Margarine Pie Milk	28 Baked Chicken Creamed Corn Baked Potato Bread Margarine Fruit Milk	29 Chicken Pot Pie Salad Beets Bread Margarine Assorted Dessert