




# SENIOR CENTER MENU October 2017

**104 Greenridge Road      Snow Hill, NC 28580**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham, Yams, Green Peas, Pineapples, Roll, 2% Milk	3 Pepper Steak, Mac n Cheese, Field Peas, Applesauce, Whole Wheat Bread, 2% Milk	4 Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk	5 Meat Balls, Mashed Pots, Turnips, Orange, Biscuit, 2% Milk	6 Fried Chicken, Pot Salad, String Beans, Pears, Roll, 2% Milk
9 Baked Pork Chop, Navy Beans, Corn, Peaches, Roll, 2% Milk	10 Spaghetti w/ Meatballs, Mixed Veggies, Applesauce, Garlic Toast, 2% Milk	11 Baked Chicken w/ gravy, Boiled Pots, Collards, Mixed Fruit, Biscuit, 2% Milk	12 Trout, Baked Beans, Slaw, Cornbread, Orange, 2% Milk	13 Meatloaf, Green Limas, Winter Blend, Choc Pudding, Roll, 2% Milk
16 Hamburger Steak w/ gravy, Mashed Pots, Turnips, Pears, Roll, 2% Milk	17 Chili w/ Kidney Beans, Corn, Applesauce, Saltines, 2% Milk	18 Roast Pork w/ gravy, Navy Beans, Winter Blend, Peaches, Biscuit, 2% Milk	19 BBQ Chicken, Whole Pots., Field Peas, Banana Pudding, Roll, 2% Milk	20 Beef Tips, Rice, Collards, Pineapples, Rolls, 2% Milk
23 Chicken Pot Pie, Yams, Corn, Spiced Apples, Cornbread, 2% Milk	24 Turkey w/ gravy, Mashed Pots, String Beans, Peaches, Biscuit, 2% Milk	25 Chicken-fried Steak, Green Limas, Carrots, Pears, Rolls, 2% Milk	26 Baked Pork Chops w/ gravy, Mac n Cheese, Mustard Greens, Mixed Fruit, Rolls, 2% Milk	27 Stewed Beef w/ Pots and Veggies, June Peas, Vanilla Pudding, Roll, 2% Milk
30 Ham, Yams, Green Peas, Pineapples, Roll, 2% Milk	31 Pepper Steak, Mac n Cheese, Field Peas, Applesauce, Whole Wheat Bread, 2% Milk			

**\*Ask about our Free LUNCH PROGRAM-Meals served at the Senior Center. No Income Limits-if you live in Greene County & are at least age 60, you qualify. For more information about our Senior Nutrition Program, call 252-747-5436.**

**\*Free Transportation to & from the Senior Center may be Available.**