

MENU - BEATTY SENIOR CENTER
 150 AVE A SOUTH - BEATTY, NV 89003
 775-553-2954

Congregate LUNCH Served: TUE to THU 11:30 AM TO 12:30 PM
****BINGO - Thursdays 5:30 PM****

OCTOBER 2017

(Email to pvtpammy@gmail.com and beatty@beattynv.com when final)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 02 #131 Oven Fried Pork Chop Baked Sweet Potatoes Green Beans Pears Applesauce WW Roll	Oct 03 Roast Beef Au Jus Steamed White Rice Steamed Baby Lima Beans Sliced Tomatoes Oatmeal Bran Muffin Apricot Halves	Oct 04 #176 Chicken Enchilada Spanish Rice Black Beans Baked Apple Colorful Salad	Oct 05 Lemon Baked Fish WW Roll Green Peas Long Grain Brown Rice Tossed Salad Creamy Italian Dressing Grapes	Oct 06 **CLOSED**
Oct 09 #3 Biscuits & Gravy Scrambled Eggs w/Sautéed Veggies Turkey Bacon Mixed Fruit Oatmeal	Oct 10 Baked Meatloaf Mashed Potatoes Steamed Spinach Lettuce & Tomato Salad WW Bread Chantilly Fruit Cup	Oct 11 #157 Spinach Lasagna Steamed Cauliflower WW Garlic Bread Green Salad w/Chick Peas Peaches	Oct 12 Chicken Noodle Casserole Zucchini & Tomatoes Cornbread Margarine Fresh Fruit	Oct 13 **CLOSED**
Oct 16 #174 Open Faced Turkey Sandwich Mashed Potatoes Peas & Carrots Cranberry Sauce Peaches	Oct 17 Pork Chop w/Mushroom Gravy Baked Potato w/Sour Cream Broccoli Tossed Salad Tangy Yogurt Salad Dressing Banana	Oct 18 #39 Garlic Roasted Chicken Seasoned Egg Noodles Sweet Peas Fresh Fruit in Season WW Roll	Oct 19 Spaghetti & Meat Sauce Baked Squash Colorful Salad FF Creamy Italian Dressing 7 Grain Bread Strawberry/Banana Yogurt	Oct 20 **CLOSED**
#102 Oct 23 Chicken & Dumplings Green Peas Carrot Raisin Salad WW Crackers Fruit Cocktail	#17 Oct 24 Turkey Fajita on WW Tortilla Spanish Rice Ranch Style Beans Chopped Spinach LFLS French Dressing Pineapple Chunks	Oct 25 #95 Hamburger w/Lettuce & Tomato Ranch Beans Herbed Potato Wedges Mixed Fruit Brownie	Oct 26 Chicken Teriyaki Fried Rice Layered Salad Fresh Orange WW Roll	Oct 27 NEVADA DAY OBSERVED **CLOSED** 
Oct 30 #11 Fish Tacos Black Beans Coleslaw Fresh Melon	Oct 31 Sweet -n- Sour Chicken Steamed Brown Rice Peas & Carrots Fresh Chopped Spinach WW Roll Oatmeal Date Bar	A \$3.00 Donation for Seniors Over 60 Years of Age is A \$6.00 Fee is Required for Non-Seniors Call for More Information		MENU SUBJECT TO CHANGE 1% Milk Served Daily *HD CLIENTS WILL RECEIVE 4 PIECES FRESH FRUIT EAC WEEK W/ FROZEN MEALS