

EWING SENIOR CENTER  
MENU

OCTOBER 2011

MENU SUBJECT TO CHANGE

HEARTLAND RESOURCES, INC. OFFICE PHONE 573-209-3339  
LEWIS COUNTY NUTRITION-EWING CENTER-573-209-3631 OR 888-748-2749

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Blood Pressure Clinic Ewing the first Thursday of the month Canton the last Monday of the month				1
2	3 Philly Cheese Sand Lettuce/Tomato Fresh Fruit Sheet Cake	4 Vegetable Soup Deviled Eggs Scalloped Pineapple Crackers	5 Chicken Potato/Gravy Stew Tomatoes Cookie	6 Spaghetti/Meat Sauce Brussel Sprouts Corn Pears	7 Fish Potato Salad Baked Beans Fruit Crisp	8
9	10 Veal Patty Potato/Gravy Green Beans Apricots	11 Ham/Corn Bread Soup Beans Cottage Cheese Burst of Berry	12 Chicken Potato/Gravy Winter Mix Dirt Pudding	13 Meat Loaf Hash Brown Casserole Corn Mix Fruit	14 Tuna Noodle Casserole Tomatoes Cucumber/Onion Peach Cake	15
16	17 Tenderloin Cream Pea/Potato Sliced Beets Fruit Salad	18 Chili Soup/Crackers Pimento Cheese Celery Sticks Baked Apple	19 Fish Squares Tomatoes Lettuce/Spinach Salad Dump Cake	20 Chicken Breast Broccoli/Cheese Yams Pears	21 Pork Chops Potato/Gravy Peas Cream Pie	22
23	24 Swiss Steak/Carrots Slaw/Fruit Salad	25 BBQ Pork German Potato Salad	26 Chicken Casserole Bake Beans Slaw Jello/Fruit	27 Maid Rites Au Gratin Potatoes Peas/Carrots Orange	28 Salmon Patties Mac & Cheese Layered Lettuce Salad Applesauce	29
30	31-Philly Cheese Sand Lettuce/Tomato Fruit--Cake	Winter Mix Fruit Cocktail				

ALL ARE WELCOME-PERSONS OVER 60 \$4.00 SUGGESTED CONTRIBUTION-VISITORS UNDER 60 \$6.50

PLEASE CALL DAY BEFORE FOR MEAL AT LA GRANGE OR CANTON CENTERS

CANTON NUTRITION SITE - 600 MONTGOMERY ST. - CANTON - (573) 288-3633

LAGRANGE HILL TOP NUTRITION SITE - 905 JEFFERSON ST. - LAGRANGE - (573) 655-4387