





## October 2021 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
				<b>1</b>	
<p style="text-align: right;"><b>4</b></p> <p>Egg Omelet w/ Cheese 1 Sausage Patty 1/2 cup Breakfast Potatoes Wheat English Muffin w/ Jelly Fresh Fruit</p>	<p style="text-align: right;"><b>5</b></p> <p>Pot Roast w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots Italian Bread Cookie</p>	<p style="text-align: right;"><b>6</b></p> <p>Roasted Pork w/ Dijon Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread Fresh Fruit</p>	<b>7</b>	<b>8</b>	
	<b>11</b>	<p style="text-align: right;"><b>12</b></p> <p>BBQ Chicken Thigh 1/2 cup Bowtie Pasta 1 cup Tossed Salad Wheat Bread Fresh Fruit</p>	<p style="text-align: right;"><b>13</b></p> <p>Porcupine Ball w/ 2 oz Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Carrots Dinner Roll Fresh Fruit</p>	<b>14</b>	<b>15</b>
<p style="text-align: right;"><b>18</b></p> <p>Baked Ham Slice w/ Fruit Sauce or Raisins 1/2 cup Sweet Potatoes 1/2 cup Coin Carrots Wheat Bread 1/2 cup Sliced Pears</p>	<p style="text-align: right;"><b>19</b></p> <p>Roast Beef &amp; Dumplings 1/2 cup Creamy Coleslaw Whole Grain Buttermilk Biscuit 1/2 cup Cinnamon Applesauce</p>	<p style="text-align: right;"><b>20</b></p> <p>Roasted Turkey w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Mixed Vegetables Wheat Bread Cookie</p>		<b>22</b>	
<p style="text-align: right;"><b>25</b></p> <p>Taco Salad 1/2 cup Spanish Rice 1/2 cup Corn &amp; Black Bean Salad Nacho Chips 1/2 cup Pineapple Delight</p>	<p style="text-align: right;"><b>26</b></p> <p>Crispy Chicken Salad 1 cup Mixed Greens w/ Diced Chicken Bacon Bits, Cheddar, 1/2 Egg Three Bean Salad Dinner Roll 1/2 cup Warm Peach Crisp</p>	<p style="text-align: right;"><b>27</b></p> <p>1 cup Ghostly Chili 1/2 cup Fingers &amp; Ant Salad 4 oz Hocus Pocus Juice Moldy Biscuit 1/2 cup Pumpkin Potion</p>	<b>28</b>	<b>29</b>	
			<p><b>Birthday/Anniversary Party</b></p>  <p style="text-align: center;"><i>Bagged Lunch</i></p>	<p>*Menu Subject to Change</p>	

\*\*\* Served daily: Milk and Margarine

Sign up for meals on Copilot ([community.copilot21.com](http://community.copilot21.com)) or by calling in to Nancy. Meals are served Mondays - Wednesdays from 11:30 am - 12:30 pm in the drive-thru line by the loading dock on the side of the building. All members are eligible to sign up! Must preregister two days prior. We are now serving congregate meals inside for a limited number of members. Sign up on Copilot for "Regular Lunch" to reserve your spot inside.