

# Sherman County Senior & Community Center

## Meal Menu

### October 2022

We serve lunch at 12:00, noon sharp. First come, first served.

If you have a group of 2 or more, please let the Kitchen staff know at 541-565-3191 the day before to ensure that we make enough food to serve!

**MEAL PRICING: Under 60 Yrs. Is \$7.00 ~ 60 Yrs. & Up \$4.00 suggested donation!**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Burger w/ Bun Tater Tots Veggies, Salad & Dessert	<b>Pulled Pork on a roll</b>	<b>Pineapple Pepper Chicken</b>	<b>Tamale Pie</b>	<b>Reuben Sandwich</b>
	Baked Beans	Rice	Veggies	Potato Wedges
	Veggies, Salad & Fruit	Veggies, Salad & Dessert	Salad & Fruit	Salad & Dessert
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Macaroni &amp; Cheese</b>	<b>Loaded Potato Soup</b>	<b>Chicken Broccoli Quiche</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Chicken Alfredo</b>
Roasted Veggies	½ sandwich	Muffins	Mexican Rice	Pasta
Veggies, Salad & Dessert	Veggies, Salad & Fruit	Veggies, Salad & Dessert	Veggies, Salad & Fruit	Veggies, Salad & Dessert
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Chicken &amp; Dumplings</b> Veggies Salad & Dessert	<b>Teriyaki Chicken</b>	<b>Tuna Melts</b>	<b>Navy Bean &amp; Ham Soup</b>	<b>Fish &amp; Chips</b>
	Rice Pilaf	Potato Wedges	Cornbread	Coleslaw
	Veggies, Salad & Fruit	Veggies, Salad & Dessert	Veggies, Salad & Fruit	Veggies, Salad & Dessert
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Baked Ziti w/ meat sauce</b>	<b>Oven Fried Chicken</b>	<b>Chicken Stroganoff</b>	<b>Baked Potato Bar</b>	<b>Chicken a la King</b>
Garlic Bread	Mashed Potatoes & Gravy	Pasta	Chili, cheese & onion	Biscuits
Salad & Dessert	Veggies, Salad & Fruit	Veggies, Salad & Dessert	Veggies, Salad & Fruit	Veggies, Salad & Dessert
<b>31</b>				
<b>Salisbury Steak</b>				
Mashed Potatoes & Gravy				
Veggies, Salad & Dessert				

**Menu subject to change due to availability** ATTENTION: For those who have food allergies, be aware that a large variety of foods are prepared in the kitchen. Therefore, meals may be prepared with ingredients and food service equipment may come in contact with ingredients to which you may have an allergic reaction, such as nuts.