

G-O CAA SENIOR MEALS

Mill Street Garden - Bessemer

ELIGIBILITY - AGE 60 OR SPOUSE

DONATION \$3.75 (Breakfast Buffet \$5.00)

GUEST FEE \$6.25 (Breakfast Buffet \$7.50)

11:00 a.m TO 1:00 p.m. Mon. thru Thurs.

906 667-0283 ext 23

OCTOBER

2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Blood Pressures by Regional Hospice 3rd Tuesday 11-1</i>	1 BBQ on a Bun Oven Roasted Potato Coleslaw Dessert	2 Ham & Scalloped Potatoes Asparagus Applesauce	3 Chicken Cordon Bleu Potato Wedges Carrots Mixed Fruit	4 Veal Parmesan w/Spaghetti Wax Beans Pears	5	6
7	8 Turkey & Bacon Croissant Coleslaw Fruit	9 Beef Stroganoff Pickled Beets Apricots	10 Parmesan Chicken Baby Red Potato Broccoli Mandarin Oranges	11 Fish Baked Potato Creamed Peas Pineapple	12	13
14	15 Spaghetti w/Meatballs Salad Fruit Cocktail	16 Blood Pressures 11-1 Liver & Onions (dining room) Smothered Steak (home delivered) Mashed Potatoes Carrots, Pineapple	17 Pork Stir Fry Rice Applesauce Juice	18 Lasagna Green Beans Tossed Salad Mandarin Oranges	19 BREAKFAST BUFFET 9:00 A.M. - NOON	20
21	22 Salisbury Steak Boiled Potatoes Carrots Mixed Fruit	23 Roast Beef Mashed Potatoes Brussel Sprouts Fruit	24 Cranberry Chicken Wrap Tomato Soup Fruit	25 Turkey & Dressing Mashed Potatoes Green Beans Cranberries, dessert	26	27
28	29 Chili Coleslaw Mixed Fruit	30 BBQ Chicken Rosemary Potatoes California Blend Veg Peaches	31 <i>Happy Halloween</i> Italian Stuffed Shells Green Beans Tossed Salad Orange Juice	1		

Thank You for your continued support and renewal of senior millage!
Nutritional education on reverse side.

Menu available online:

gocaa.org