


October

(menu subject to change)

2019

Mon	Tue	Wed	Thu	Fri
<p><u>You must call the center the day before BY 1PM to pre-order the next day's meal.</u> Pre-ordered carry-out meals will be \$3.50. You can pick them up after 12:15pm the day of.</p>	<p>1 Sweet Potato Pollock Canasta 12:45pm Euchre 12:45pm Cooking for One 12:45pm</p>	<p>2 Chicken Tenders Foot Docs 9am Chair Exercise 10:30am Knit 10am Miracle Ear 12pm</p>	<p>3 Sweet & Sour Meatballs</p>	<p>4 Chair Yoga 9:30am Chair Exercise 10:30am</p>
<p>7 Vegetable Lasagna Senior Expo 9am Chair Yoga 9:30am Chair Exercise 10:30am Pinochle 12:45pm</p>	<p>8 Beef Stroganoff Euchre 12:45pm Cooking for One 12:45pm</p>	<p>9 Birthday Lunch Chicken Parmesan Knit 10am Chair Exercise 10:30am Bingo 1pm Meadowbrook 1pm</p>	<p>10 Turkey Tetrazzini Parade Company 9:30am Birmingham Musicale 12:15p Hand & Foot 12:45pm</p>	<p>11 Chair Yoga 9:30am Chair Exercise 10:30am</p>
<p>14 Lemon Pepper Cod Chair Yoga 9:30am Chair Exercise 10:30am Lunch Bunch 12:30pm Pinochle 12:45pm</p>	<p>15 Chinese Pepper Steak Canasta 12:45pm Euchre 12:45pm Cooking for One 12:45pm</p>	<p>16 Stuffed Cabbage Fall Color Tour 9am Knit 10am Chair Exercise 10:30am Kings in the Corner 12:45pm</p>	<p>17 Baked Chicken Afternoon Movie 12:45pm</p>	<p>18 Chair Yoga 9:30am Chair Exercise 10:30am</p>
<p>21 Lasagna Chair Yoga 9:30am Chair Exercise 10:30am Pinochle 12:45pm</p>	<p>22 Chicken Cavatappi R.O. Musicale 12:30pm Euchre 12:45pm Cooking for One 12:45pm</p>	<p>23 Octoberfest Lunch Sausage & Kraut Knit 10am Chair Exercise 10:30am</p> 	<p>24 Beer Battered Cod Greektown 11am</p>	<p>25 Chair Yoga 9:30am Chair Exercise 10:30am State Rep. Kuppa 11am</p>
<p>28 Hawaiian Chicken Chair Yoga 9:30am Chair Exercise 10:30am Pinochle 12:45pm</p>	<p>29 Veal Parmesan Euchre 12:45pm Cooking for One 12:45pm</p>	<p>30 Tilapia Knit 10am Chair Exercise 10:30am OPC 11am Bingo 1pm</p>	<p>31 Halloween Lunch Ghoul-ash</p> 