

Douglass Senior Center **Menu Calendar**

October 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday






Saturday

Meals are \$5.00, Dine in, Carry out or Delivered. Please call 316-746-3227 by 9:00 AM to reserve your meal. Noon meal only.

1	2 Meat Loaf Scallop potatoes Veggie Salad Dessert	3 Chicken enchiladas Chips & Salsa Salad Dessert	4 Sloppy Joes Chips Potato Salad Dessert	5 Fried Chicken Potatoes / Gravy Salad Veggie Rolls Dessert	6 Buffet	7
8	9 Hamburger stew Crackers Salad Dessert	10 Chicken Pot Pie Salad Rolls Dessert	11 Pot Roast /W Veggies Salad Rolls Dessert	12 Fried Chicken Potatoes / Gravy Salad Veggie Rolls Dessert	13 Buffet	14
15	16 Chicken Alfredo Salad Veggie Garlic Bread Fruit Dessert	17 Lasagna Salad Veggie Garlic Bread Dessert	18 Tater tot Casserole Veggie Salad Dessert	19 Fried Chicken Potatoes / Gravy Salad Veggie Rolls Dessert	20 Buffet	21
22	23 Pork chops Potatoes Veggie Pickle Beets Dessert	24 Turkey Breast Potatoes & Gravy Veggie Salad Dessert	25 Bake Potato Bar & Fixins Salad Dessert	26 Fried Chicken Potatoes / Gravy Salad Veggie Rolls Dessert	27 Buffet	28
29	30 Ham & Sweet Potatoes Veggie Salad Dessert	31 Chile & Crackers Grill Cheese Sandwiches Chips Dessert			Stop in for coffee any morning after 8:00	Menu subject to change

Douglass Senior Center **Activities Calendar**

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1	2 Finger Food & Cards 6:00 PM	3 Exercise At 9:00 AM Flu Clinic 10:30 – 12:00	4	5 Cards	6 Exercise	7
8	9	10 Exercise At 9:00 AM Quilting At 1:00 PM	11	12 Cards	13 Exercise At 9:00 AM	14
15	16 Covered Dish & Cards 6:00 PM	17 Exercise At 9:00 AM	18 Board Meeting Wal-Mart eye glasses clean / repair	19	20 Exercise At 9:00 AM	21 Breakfast 7:00 – 9:30 am Biscuits & Gravy (pancakes by special order)
22	23	24 Exercise At 9:00 AM	25	26 Cards Angel Care Blood pressure Blood sugar	27 Exercise At 9:00 AM	28
29	30 Fund raiser 5:00 – 7:00 Monterrey	31 Exercise At 9:00 AM				
			Stop in for coffee any morning after 8:00	All are welcome! We would invite you to come join us any time you can...		

