

September 2023



August '23							October '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

HOT MEAL

Ph.# 573-886-7554

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 PORK ROAST MASHED POTATO/GRAVY PEAS YOGURT W/ BERRY DRINK	2
3	4 HOLIDAY	5 PORK RIB OVEN BROWN POTATOES GREEN BEANS FRUIT DRINK	6 LEMON PEPPER TILAPIA RICE MIXED VEGETABLES BROWNIE DRINK	7 CHICKEN WINGS MACARONI & CHEESE CARROTS FRUIT DRINK	8 CHILI CORNBREAD CORN COOKIE DRINK	9
10	11 TURKEY W/ GRAVY MASHED POTATO/GRAVY PEAS FRUIT DRINK	12 BEEF STEW CORNBREAD COBBLER TOSSED SALAD/DRESSING DRINK	13 PORK CHOP W/ GRAVY POTATO AU GRATIN MIXED VEGETABLES COOKIE DRINK	14 BEEF PATTY/BUN POTATO WEDGES BROCCOLI FLORETS LETT/TOM/ONION/PCKL PINEAPPLE SLICES DRINK	15 CHICKEN MACARONI & CHEESE GREEN BEANS FRUIT DRINK	16
17	18 CHICKEN ALFREDO BREADSTICK BROCCOLI PUDDING DRINK	19 SALISBURY STEAK/GRAVY MASHED POTATO/GRAVY CARROTS FRUIT DRINK	20 TURKEY W/ GRAVY MASHED SWEET POTATO MIXED VEGETABLES PUDDING DRINK	21 MEATLOAF W/ GRAVY BAKED POTATO/SOUR CREAM PEAS TOSSED SALAD/DRESSING DRINK	22 FISH ON BUN AU GRATIN POTATOES BRUSSELS SPROUTS FRUIT DRINK	23
24	25 PENNE/MEAT SAUCE BREADSTICK SCANDINAVIAN VEGS PUDDING DRINK	26 CHICKEN BREAST MACARONI & CHEESE CARROTS TOSSED SALAD/DRESSING DRINK	27 BEEF ROAST MASHED POTATO/GRAVY MIXED VEGETABLES FRUIT DRINK	28 SEASONED TILAPIA RICE CARROTS COOKIE DRINK	29 PORK ROAST MASHED POTATO/GRAVY PEAS YOGURT W/ BERRY DRINK	30
1	2					