

**October 2021**

**Fairmont & Exeter Senior Centers**

**402-268-2831**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE!!!!</b>	<b>MILK &amp; BREAD AVAILABLE !!!!!</b>			<b>1</b> White Chicken Chili w/ Black Beans Crackers & Cheese Celery & Carrot Sticks Apricots
<b>4</b> Patty Melt Cheesy Fries Peaches Chocolate Bar	<b>5</b> BBQ Chicken Macaroni & Cheese Broccoli Applesauce Cherry Crisp <b>POT LUCK &amp; GAMES</b>	<b>6</b> Cabbage Roll Stew Tossed Salad French Bread Mandarin Oranges	<b>7</b> Liver & Onions Fried Potatoes Beets Fruit Cocktail	<b>8</b> Salmon Fillet Baked Potato Spinach Salad Pears
<b>11</b> Beef Taco Salad Refried Beans Strawberries <b>Board Meeting 6 p.m.</b>	<b>12</b> Pork Loin Baked Potato Peas Peaches	<b>13</b> Roast Beef Potatoes & Gravy Broccoli Pineapple Chunks	<b>14</b> Chicken & Noodles Peas Cranberry Salad Garlic Bread	<b>15</b> Salmon Patty Macaroni Salad Tomato Wedges Apricots
<b>18</b> Turkey & Cheese Club Sandwich Onion Rings Broccoli & Dip Tropical Fruit Salad	<b>19</b> Chicken Fried Steak Mashed Potatoes Green Beans Red Grapes Chocolate Cake <b>Foot Clinic 1-3 p.m.</b>	<b>20</b> Honey Garlic Chicken Baked Potato Carrots Peaches	<b>21</b> Pancakes/Sausage Links Scrambled Eggs / V-8 Juice Apricots <b>Blood Pressure Clinic 11:30</b> <b>Program: Nebraska</b> <b>Environmental Trivia</b>	<b>22</b> Meatloaf Burger Potato Chips Baked Beans Green Grapes
<b>25</b> Tater Tot Casserole Broccoli Tossed Salad Pears	<b>26</b> Smothered Burgers Alfredo Pasta Glazed Carrots Plums	<b>27</b> Fish Sandwich Sweet Potato Fries Slaw Salad Strawberries	<b>28</b> Spaghetti w/ Meat Sauce Green Beans Peaches Garlic Bread Cookies & Ice Cream <b>Birthday Dinner &amp; Games</b>	<b>29</b> Tuna & Noodles Peas Red Grapes