

Thursday: October 10th

Lunch: 12:00 pm – 1:00 pm

- Soup:
 - Vegetable Beef
 - Chicken Noodle
 - Low Carb Taco
 - Regular Taco
- Rolls
- Salad Bar
- Cottage Cheese
- Fruit

Supper: 5:00 pm – 6:30 pm

- Lasagna
- Green Beans
- Garlic Bread
- Salad Bar
- Cottage Cheese
- Fruit

Friday: October 11th

Lunch: 12:00 pm – 1:00 pm

- Sandwiches (quality meats & cheese)
- Chips
- Salad Bar
- Cottage Cheese
- Fruit

Supper: 5:00 pm – 6:30 pm

- Baked Chicken Breast or Roast Beef
- Broccoli
- Baked Potato
- Salad Bar
- Cottage Cheese
- Fruit

*A **Salad Bar** will be available during each meal and, if available locally, will include items such as:*

- Lettuce
- Carrots
- Red Onion
- Green Onion
- Cucumber
- Red/Green Peppers
- Broccoli
- Tomatoes
- Eggs
- Cheese
- Sunflower Seeds
- Craisins
- Nuts
- Black Olives
- Chow Mein Noodles
- Salad Dressings



***Fruit**, if available locally, will include items such as:*

- Pineapple
- Grapes
- Strawberries
- Mandarin Oranges

NOTE: *Specific questions regarding food content for planned meals should be directed to Betty Vickery at (573) 469-2132 (cell).*

* Refreshments will be served following the evening services