

# October 2020 SPUR SENIOR CITIZENS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
Lunch served at 12 Noon Monday thru Friday. Call anytime for information 806-271-4472		<b>FUN NIGHTS:</b> Mondays 5:30 pm on 5TH & 19th ALSO Tuesdays 13th & 27th		Spaghetti with Meat Sauce, Italian Veggies, Broccoli, Garlic Toast, Autumn Jell-O	Glazed Meatloaf, Red Bliss Potatoes, Mixed Veggies, Bread Stix, Country Apple Crisp	
4	5	6	7	8	9	10
	Salisbury Steak, Diced Potatoes (Skin On), English Peas, Wheat Roll, Fruit Salad in Juice	Chicken Breast on Bun, Tomato/Lettuce, Potatoe Wedges, Carrot/Raisin Salad, Fruit Cocktail	Bar-B-Q Beef Brisket, Ranch Style Beans, Buttered Carrots, Cornbread, Strawberries	Beef Taco Bake, Spanish Rice, Cauliflower, Tossed Salad w/ Dressing, Country Apple Crisp	Chicken Tenders, Mashed Potatoes, Mixed Squash, Wheat Roll, Fruit Cup	
11	12	13	14	15	16	17
	King Ranch Casserole, Veggies/Corn Tortilla in entrée, Pinto Beans, Sugar Cookie, Pineapple Rings	BBQ Chicken Breast, Smothered Potatoes, Carrot Raisin Salad, Wheat Roll, Sliced Apples	Polish Sausage, Red Cabbage/Sweet/Sour Sauce, German Potato Salad, Wheat Roll, Black Forrest Parfait	Smothered Steak, Mashed Potatoes, Mixed Greens, Wheat Roll, Peach Shortcake	Pollock Wedges/Lemon, Lima Beans, Coleslaw, Raisins, Cornbread, Lemon Cookie	
18	19	20	21	22	23	24
	Beef, Macaroni & Tomato Casserole, Lima Beans, Wheat Roll, Fruit/Oatmeal Bar	Lasagna, Spinach, Tossed Veggie Salad, LCF Dressing, Sliced Wheat Bread, Fresh Banana	Beef Stroganoff, Egg Noodles, Mixed Veggies, Wht Roll, Winter Fruit Cup	Beef Fajitas, Refried Beans, Spanish Rice, Tossed Veggie Salad, LCF Dressing, Flour Tortilla, Peach Cobbler	Oven Fried Chicken Breast, Bow Tie Pasta, Broccoli/Raisin Salad, Wheat Roll, Fruit Cocktail	
25	26	27	28	29	30	31
	Shaved Turkey / Bun, Tomato/Pickle/Lett, Broccoli/Raisin Salad, Macaroni Salad, Pineapple Tidbits	Salmon patties, Scallop Potatoes, Grn Peas, Toss Salad Fr. Dressing, Wheat Bread, Peach Apple Crisp	Tilapia/Lemon Slice, Whole Kernel Corn, Coleslaw, Hushpuppies, Cherry Crisp	Beef Tips w/Egg Noodles, Meadow Blend Veggies, Corn, Wheat Roll, Chocolate Cake w/Strawberries	Chicken Spaghetti, Carrots, Zucchini, Wheat Bread, Bananas/Vanilla Pudding	
1	2	NOTES				