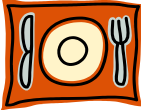


Cascade Senior Citizens Center ~Buffet MENU for October 2020 ~
 Dinner served at Noon ~ Donations are Always Welcomed! ~ Menus subject to change ~

Tuesday 5th 2020 Beef Roast Mashed Potatoes / Gravy Green Beans Fruit Salad	THURSDAY 6 th, 2020 Ham and Beans Cornbread Mixed Fruit Peach Cobbler	2 oz Protien 1/2-1 C Fruit/Veg 1/3-1/2 C Grain 1 C Dairy	5&6
TUESDAY, Oct 12th, 2020 Beanie Weiney Mac & Cheese Carrots Pears Cookies	THURSDAY 13th, 2020 Pork Ribs Seasoned Rice Squash Peaches Pudding		Bread, Coffee, Milk, Juice,& Water are served with Meals 12&13
Tuesday 19 th, 2020 Enchiladas Spanish Rice Refried Beans Pears Cookies	Thursday, 20 th , 2020 Chicken Mashed Potatoes/Gravy Veggies Fruit Pie	Also, Yogurt Grain Soup Salad Bar	19&20
Tuesday 26 th, 2020 Hot Turkey Sandwich Mashed Potatoes Mixed veggies Applesauce Cake	Thursday 27 th , 2020 Breakfast Bisquits & Gravy Scrambled Eggs Fruit Pie		26&27
	~ MEALS TO GO ~ Please Call <u>BEFORE 9:30 am</u> for meal pickup at Noon		<u>Menus subject to change</u>

Cascade Senior Center
 409 N. School Street
 Cascade, Idaho 83611
 (208) 382-4256

ACTIVITIES:
 Bingo ~ Every Friday ~ Start at 7:00 pm!
 Exercise Class: Monday & Tuesday 10:30 ~ 11:30
All are Welcome to the Center!