



OCTOBER 2022



<p>3. Tavern Fish Garlic Spaghetti Yellow Squash Pears Fools Cake</p>	<p>4. Closed for Health Fair</p> 	<p>5. Chefs Choice</p> 	<p>6. Beef Stroganoff Green Beans Berry Yogurt Parfait Garlic Biscuit Easy Éclair cookies</p>	<p>7.</p> 
<p>10. Closed for Columbus day</p> 	<p>11. Meatball Tortellini Soup Mexican Roasted Zucchini Garlic biscuit Fruit Banana Split Fluff</p>	<p>12. Closed for Training</p> 	<p>13. Pork Chops/creamy apple-cranberry sauce Mashed Potatoes w/gravy Banana Squash Roll Cinnamon Applesauce Pumpkin Delight</p>	<p>14.</p> 
<p>17. Turkey Tetrazzini Spinach Apple Slices Pecan Pie Brownie</p> <p>Pasta day</p>	<p>18. Meatloaf Twice Baked Potato Casserole Spaghetti Squash Peaches Hot Cocoa Poke Cake</p> <p>Meatloaf appreciation day</p>	<p>19. Ham & Bean Soup Cornbread Green Salad Pineapple & Cottage Cheese Pecan Tassies</p>	<p>20. Parmesan Chicken Glazed Carrots Avocado Basil Pasta Tropical Fruit Coconut Macaroon</p>	<p>21.</p> 
<p>24. Tuna Casserole Nantucket Veggies Peas Fruit Cocktail Vanilla Pudding</p>	<p>25. Wendy's Chili Spaghetti Squash Corn Bread Muffin Pineapple Apple Cookie</p>	<p>26. Roast Pork Spaghetti Salad Garden Blend Veggies Mandarin Oranges Carrot Cake Bars Roll</p>	<p>27. Mummy Pot Pie (Chicken) Mandrake Root (yams) Eyeballs (Deviled Egg) Banana ghost Arkansas Possum Pie</p>	<p>28.</p> 
<p>31. Tuscan Chicken Pasta Beets Fruit Breadstick Hot Fudge Sundae Cake</p>		<p>Please Make sure to call 24 hours in Advance for lunch at 435-738-1171</p>		<p>Gateway Senior Center 435-738-1171 734 N Center Street Pick-Up Meals - 11:00-11:30 Dine-In Meals - 12:00-12:30</p>

--Suggested Donation of \$3.00 for over 60 & \$5.00 mandatory for under 59

--Milk is offered at all meals --