

11:30 Wed., OCT. 3 SHEERY BARNHART	11:30 Wed., OCT. 10 MICHAEL JOHNSON	11:30 Wed., OCT. 17 MV GEM FIDDLERS	11:30 Wed., OCT. 24 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN - ORGAN MUSIC	8:00am, Sat., OCT. 13 MARLA GARRETT	8:00am, Sat., OCT. 13 FUNDRAISING BREAKFAST
OCT. 2018	<i>Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving</i>					OCT. 2018
<i>Bold Italic Salad</i> <i>will go out with</i> <i>Home Delivered Meals (HDM)</i>	Monday 2018-10-01 Swedish Meatballs	Tuesday 2018-10-02 Potato Bar	Wednesday 2018-10-03 Spaghetti	Thursday 2018-10-04 Sweet & Sour Pork	Friday 2018-10-05 Salisbury Steak	
<i>Daily HDM Meal Drink Choices</i> <i>2% MILK ORANGE/APPLE JUICE</i> <i>NON FAT CHOCOLATE MILK</i>	Broccoli Salad Pear Lime Gelatin Salad Fruit Penne Pasta Green Bean Medley	Barley Veggie Salad Green Salad Fruit Chili Broccoli w/Cheese	Romaine Salad Cottage Cheese w/fruit Fruit Spaghetti Noodles Sauteed Mushrooms	Pea Salad Waldorf Salad Fruit Fried Rice Sauteed Cabbage	Veggie Grain Salad Green Salad Fruit Mashed Potatoes w/Gravy Sauteed Vegetables	
<i>Daily CENTER Meal Drink Choices</i> <i>WATER TEA COFFEE MILK</i>	Whole Wheat Roll No Bake Coconut Lush	Cornbread Oatmeal Cowboy Cookie	Bread Stick Sugar Cookie	Egg Roll Mandarin Cake	Slice of Whole Wheat Bread Snickerdoodle Cookie	
Sunday 2018-10-07	Monday 2018-10-08 Polish Sausage	Tuesday 2018-10-09 Caesar Chicken	Wednesday 2018-10-10 Baked Ham	Thursday 2018-10-11 Fish Fillet w/Tarter Sauce	Friday 2018-10-12 Beef Stroganoff w/Gravy	Saturday 2018-10-13 \$8 Fundraising Breakfast
	Creamy Coleslaw Pickled Beets Fruit Sauerkraut German Potato Salad Bun Oatmeal Applesauce Cookie	Broccoli Raisin Salad Cucumber Salad Fruit Fetuccini Noodles Italian Blend Vegetables Garlic Bread Lemon Bar	Mixed Green Salad Mandarin Orange Salad Fruit Apple Raisin Stuffing Asparagus Blended Vegetables Dinner Roll Pineapple Upside Down Cake	Jello Salad w/fruit Green Salad Fruit Cheesy Broccoli Rice Casserole Sunshine Carrots Fruit Bread Chocolate Crinkle Cookie	Frog Eye Salad Green Salad Fruit Noodles Caribbean Blend Vegetables Slice of Wheat Bread Apricot/Peach Cobbler	8:00 am - 10:00 am w/Marla Garrett French Toast Bake Ham, Sausage, Hashbrowns Biscuit & Gravy, Eggs Fresh Fruit, Bread Trays Coffee, Milk, & Juice
Sunday 2018-10-14	Monday 2018-10-15 Breakfast Bar	Tuesday 2018-10-16 Cheesy Chicken & Rice Casserole	Wednesday 2018-10-17 Pork Chop w/Cream Sauce	Thursday 2018-10-18 Chicken Alfredo	Friday 2018-10-19 Meatloaf	Saturday 2018-10-20
<i>ABCL Unit 400 Bridge</i> <i>12:00-4:00</i>	Ham Slice w/2 Link Sausages Scrambled Eggs Mixed Melon Breakfast Potato Casserole Biscuit w/gravy Blueberry Muffin	Waldorf Salad Crunchy Veggie Salad Fruit Rice Lima Beans Zucchini Bread Pistachio Pudding	Barley Salad w/Loaded Veggies Mediterranean Tomato Salad Fruit Mashed Potatoes w/Gravy Peas & Carrots Onion Roll Molasses Cookie	Italian Tossed Salad Jello w/fruit Fruit Fettucini Noodles Roasted Broccoli Garlic Bread Carrot Cake	Garden Pasta Salad Lemon Cream Salad Fruit Mashed Potatoes w/Gravy Okra Roll Apple Crisp	
Sunday 2018-10-21	Monday 2018-10-22 Chicken Pot Pie	Tuesday 2018-10-23 BBQ Pulled Pork	Wednesday 2018-10-24 Chicken Fried Steak	Thursday 2018-10-25 Chicken Ala King	Friday 2018-10-26 Pot Roast	Saturday 2018-10-27
	Green Salad Tropical Pear Salad Fruit Rice Pilaf Carrots/Peas/Onions Slice of Wheat Bread Chocolate Drop Cookie	Macaroni Coleslaw Creamy Mandarin Salad Fruit Cowboy Baked Beans Roasted Broccoli w/cheese Sandwich Bun Tapioca Pudding	Rainbow Pasta Salad Apple Broccoli Salad Fruit Mashed Potatoes w/Gravy Green Beans w/bacon Roll Birthday Cake	Cauliflower Salad Spinach Salad Fruit Rotini Noodles Sugar Pea Blend Vegetables Biscuit Blonde Brownie	Oriental Chicken Salad Orange Dreamsicle Jello Fruit Mashed Potatoes w/Gravy Roasted Vegetables Slice of Wheat Bread Peanut Butter Bar	
Sunday 2018-10-28	Monday 2018-10-29 Cheesy Ham, Broccoli & Rice	Tuesday 2018-10-30 Open Faced Turkey Sandwich	Wednesday 2018-10-31 Halloween Feast/Zombie Eyeballs	 <p>TWIN FALLS SENIOR CENTER 208-734-5084 530 SHOSHONE STREET W., TWIN FALLS, IDAHO 83301 Center Office Hours Mon-Fri 8:00am to 5:00pm www.tfseniorcenter.com facebook - Twin Falls Senior Center VOLUNTEER DRIVERS & CENTER VOLUNTEERS NEEDED Call today to get started</p> 		
	Parfait Salad Romaine Green Salad Fruit Rice Corn w/peppers Cranberry Bread Pumpkin Spice Cookie	Broccoli Cranberry Salad Creamy Coleslaw Fruit Stuffing w/Gravy Yams Texas Toast Texas Sheetcake	Dead Leaves Rotton Cheese Curds Fruit Maggot Rice Bits N Pieces Bones Wormy Dirt Cake			