

October 2024

Perquimans County Center for Active Living
 Office Hours: 9am-1pm
 Jenny Coppersmith Manager 426-8309

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Roasted Pork w/gravy Rice Succotash Orange Cornbread	2 Marinated Chicken Breast Green Beans Pasta Jell-o Roll OJ	3 Seasoned Fish Broccoli Rice Pilaf Pineapple Roll Pudding	4 Cheeseburger Baked Beans Baked Apples Cake		<u>Lunch</u> <u>is</u> <u>Served</u> <u>at</u> <u>11:30</u>
6	7 Sausage & Peppers Carrots Roasted Potatoes Cobbler Roll	8 Baked Ham California Blend Sweet Potatoes Pears Cake Roll	9 Chili Broccoli Pimento Cheese Sandwich OJ Jell-o	10 Tuna Three Bean Salad Macaroni Salad Jell-o Orange	11 BBQ Chicken Peas Cinnamon Apples Mac and Cheese Cornbread	
13	14 Beef Stroganoff Green Beans Applesauce Pudding Cornbread	15 Baked Pork Chop Collards Potatoes Au Gratin Fruit Crisp Roll	16 Meatloaf Lima Beans Rice Pineapple Roll	17 BBQ Sandwich Buttered Potatoes Coleslaw Orange Graham Crackers	18 Herbed Baked Chicken w/gravy Carrots Rice Fruit Roll	Milk is Served With Each Meal
20	21 Oven Fried Boneless Thighs Peas Baked Potato Pineapple Roll	22 Spaghetti Spiced Apples Tossed Salad Pudding Garlic Bread	23 Brat Style Sausage Coleslaw Baked Beans Brownie Bun	24 Turkey Breast w/gravy and Bread stuffing Carrots Rice Cranberry Sauce Pudding	25 Beef Stew Green Beans Fruit Crisp OJ Roll	
27	28 Salisbury Steak w/gravy Peas & Carrots Mashed Potatoes Pineapple Apple Crisp Roll	29 Roasted Pork w/gravy Rice Succotash Orange Cornbread	30 Marinated Chicken Breast Green Beans Pasta Jell-o Roll OJ	31 Seasoned Fish Broccoli Rice Pilaf Pineapple Roll Pudding		