

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Bingo with Megan</b> Beef Tips Green Beans Squash	2 Oven Fried Chicken New Potatoes Cabbage	3 Potato soup Turkey Sandwich Lettuce and tomato	4 Hamburgers French Fries Lettuce & Tomato
7 Lasagna Green Beans Tossed Salad Garlic Bread	8 Beef Patty & Onions, Corn Squash, Biscuit	9.Enchiladas casserole Tossed Salad Refried Beans	10 Pork Roast Sweet potatoes Squash	<b>11HEALTH FAIR</b> Tamales & Chili Pinto Beans, Salad
14 Sloppy Joes Tater Tots Salad	<b>15 Bingo with Megan</b> Stuffed Bell Peppers, Carrots Corn	16 BBQ Chicken Potato Salad Baked Beans	17 Swedish Meatballs Gravy, Mashed Potatoes, Spinach Biscuit	18 Fried Fish French Fries Carrots
21 Salmon Patties Oven Brownd Potatoes, Purple Hull Peas & Okra, Corn Bread	22 <b>Senior Bingo</b> Chicken Spaghetti Tossed Salad, Beets, Garlic Bread	23 Meat Loaf Mashed Pota toes Okra & Tomatoes	24 King Ranch Chicken Squash, Corn bread	25 Liver and onions Smoked Sausage Pinto Beans Cole Slaw
28 Spaghetti Beets Green Beans	29 <b>Bingo with Megan</b> Taco Salad Nacho Chips/ Cheese Mexican Corn	30 <b>Hospital Bingo</b> Chili Dog W/ Tots Tossed Salad 31 BBQ Stuffed baked potato Baked Beans Cabbage	<b>HAPPY BIRTHDAY!! EUGENE TATOM, WILETHA OWENS, TOM WATERSON, BETTY EMS, TAMMY MILLER, BERTIE CALLAWAY, Timothy James , Jasper Lewis , Raymond Butler</b>	

East Sabine Senior Center 409-787-2490 561 Starr St Lunch M-F 11-12:15

October 2024

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