

OCTOBER | 2024

GMN SENIOR SERVICES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Pork Chop w/Gravy Whipped Potatoes Carrots Fluffy Cran Raspberry Salad Bread & Cookie	2 Taco Pie Lettuce & Tomato Refried Beans Tropical Fruit Sour Cream & Salsa Rice Krispie Treat	3 Chicken Salad w/Bun Cabbage Soup Pea Salad Pineapple Crackers	4 Ham Tetrizzini Green Beans Cauliflower Fresh Fruit Cup Bread
7 Ravioli w/Meat Sauce Autumn Blend Veggies Tossed Salad Frozen Berry Crumble Breadstick	8 Chicken Breast Pea Salad Stewed Tomatoes Fruit w/Jello Mac & Cheese Bread	9 Sliced Ham Au gratin Potatoes Lemon Garlic Brussel Sprouts Diced Pears Dinner Roll	10 Turkey Salisbury Steak w/Gravy Whipped Potatoes Carrots Fruit Cup Dinner Roll	11 Cranberry Chicken Feather River Potatoes Buttered Beets Banana Bread Cookie
14 CLOSED – COLUMBUS DAY	15 Breaded Chicken Strips Baked Beans Cole slaw Cherry Crisp Bread	16 Ground Beef Veggie Soup Spinach Salad w/ Boiled Egg Juice Dinner Roll	17 Turkey Wrap Potato Soup Man. Oranges in Jello Crackers	18 Maid Rite Sandwich Hashbrown Casserole California Blend Veggies Fruit Parfait
21 BBQ Pork Riblet on Bun Baked French Fries Creamed Spinach Watergate Salad	22 Chicken Broccoli Casserole Carrots & Peas Tossed Salad Cinnamon Peaches Bread	23 Liver w/ Onions Roasted Potatoes Mixed Veggies Grapes Bread Brownie	24 Zucchini Pizza Bake Green Beans Mandarin Oranges	25 Ham & Soup Beans Capri Blend Veggies Apple Crisp Cornbread
28 Ground Beef Stroganoff Lima Beans Tossed Salad Applesauce Breadstick	29 Smoked Sausage Mashed Potatoes Sauerkraut Apricots Dinner Roll	30 Pimento Cheese Sandwich Tomato Soup Ranch Cole Slaw Juice	31 Worm Ghoul Green Beans Smashed Gourds Pineapple Scary Saucer Pumpkin Muffin	1

News

October brings colder shorter days in the northern hemisphere, as well as the spookiest time of the year.

Call and reserve your spot by 9:30am.
Lunch is served at 11am

Contact Us:
Monroe (740)-472-1312
Noble (740)-732-5129

Lisa Carpenter, Senior Services Director

FUN FACT:

France sent the Statue of Liberty to the U.S. in October 1886