



# October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Tuna & Cheese Melt 2 On WG Bread Tomato Ravioli Soup WG Crackers Veggies Fruit, Milk	Fish 3 Seasoned Potato Wedge Veggies WG Biscuit Fruit Milk	BBQ Chicken Thighs 4 Potato Salad Veggies WG Cornbread Fruit Milk	Chicken Enchiladas 5 WG Tortillas Pinto Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	Cheesy Egg Bake 6 with Veggies Sausage Links WG French Toast with Strawberries Milk
Ground Beef Meatloaf 9 Oven Roasted Red Potatoes Veggies WG Biscuit Fruit Milk	Herb Chicken Thighs Baked Beans Veggies Fruit WG Biscuit Milk	Chicken Salad 11 On WG Croissant Minestrone Soup Veggies Fruit Milk	WG Spaghetti with 12 Meatballs WG Garlic French Bread Veggies Fruit Milk	Chicken Teriyaki with 13 WG Jasmine Rice Veggies WG Roll Fruit Milk
Pizza on WG Crust 16 Caesar Salad Fruit Milk	Salisbury Steak with 17 Gravy Garlic Mashers Veggies WG Roll Fruit	Ground Beef WG Lasagna 18 Veggies Fruit WG Garlic Bread Milk	Sliced Turkey with 19 Cranberry Sauce Mashed Potatoes w/Gravy Veggies WG Roll Fruit Milk	Baked Potato Bar *** 20 Veggies WG Muffin Fruit Milk
Cheeseburger on 23 WG Bun Lettuce & Tomatoes Jo-jo's Fruit Milk	Chicken WG Fettuccini 24 Mixed Field Greens Salad WG Garlic French Bread Fruit Milk	Tater Tot Casserole with 25 Ground Beef Cherry Tomato Salad WG Muffin Fruit Milk	Hot Dogs on WG Bun 26 WG Mac N Cheese Bake Veggies Fruit Jello Milk	Pulled Pork on a 27 WG Hoagie Bag of Chips Veggies Fruit Milk
Egg Salad on a 30 WG Croissant Vegetarian Lentil Soup WG Crackers Fruit Milk	Chicken Tamale Pie Bake Sour Cream & Salsa WG Tortilla Chips Mixed Field Greens Salad Fruit Milk			<i>USDA and this institution are equal Opportunity providers and employers</i> 

## Saturday Outings

Due to the weather change we are temporarily stopping the Saturday Outings. We will evaluate the Saturday Program to determine when we will start them up again. We would love to hear from you, please write or email us your suggestions, comments or concerns: [office@gracecenter-covallis.org](mailto:office@gracecenter-covallis.org)



The young children from the Small World Daycare will visit us Tuesday October 31st at 9:30 am. for trick or treating!!! Participants are encouraged to wear costumes!

## Pumpkin Patch

Our outing this month will be to Airlie Hills Farm's Pumpkin Patch on Thursday October 12th. We can take up to 11 participants on this trip.



## Art Students Return

Students from Claudia Hall's art class at Linus Pauling Middle School come to Grace Center for a half hour whirlwind of fun and art with our participants!!! They come once or twice a month on Thursday mornings.

## Albany Carousel

Our outing last month to the Carousel was a hit!!!! We plan to go several more times so that we can take as many participants as possible.

\*\*\*BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA  
Legend: WG = Whole Grain