

BELTON SENIOR CENTER
816-348-7410

SHELLY
24 HR, NOTICE FOR
RESERVATION OR CANCELLATIONS
OCTOBER 2019

MONDAY	TUESDAY 10-1	WEDNESDAY 10-2	THURSDAY 10-3	FRIDAY 10-4
	BEEF STEW SALAD/TOM/CARROTS CORN MUFFIN BANANA OATMEAL/RAISIN COOKIE 1% MILK RANCH DRESSING	CHICKEN STIR FRY STIR FRY VEGS PICKLED BEETS (COLD) WHITE WHOLE GRAIN BREAD MANDARIN ORANGES SHORTBREAD COOKIES 1% MILK	SWISS STEAK/TOMS MASHED POTATOES PEAS & CARROTS MULTIGRAIN BREAD APPLE SLICES TAPIOCA PUDDING 1% MILK	FISH BREADED ROOT VEGS & KALE COLE SLAW MULTIGRAIN BREAD TROPICAL FRUIT 1% MILK
MONDAY 10-7	TUESDAY 10-8	WEDNESDAY 10-9	THURSDAY 10-10	FRIDAY 10-11
BARBQ BEEF CALIF BLEND VEG POTATOE SALD HAMBURGER BUN BANANA 1% MILK	TACO SALAD SHREDDED CHEESE LETTUCE/TOMATOES MEXICALI MIX CHIPS ORANGE 1% MILK	TUNA NOODLE CASSEROLE CAULIFLOWER/PEAS CUCUMBER/ONION SALD WHEAT BREAD BANANA 1% MILK	MEATLOAF/GRAVY MASHED POTATOES FIESTA VEGS WHEAT DINNER ROLL PEAR&STRAWBERRIES 1% MILK	CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHEAT DINNER ROLL FRUIT CUP 1% MILK
MONDAY 10-14	TUESDAY 10-15	WEDNESDAY 10-16	THURSDAY 10-17	FRIDAY 10-18
CLOSED	CHICKEN & NOODLES SALAD/TOM/CARROTS CAULIFLWR/RED PEPPER WHOLEGRAIN BREAD ORANGE 1%MILK	SEASONED CHICK DICED CHEDDAR CHEESE SALAD/TOM/CARROTS CHUCKWAGON CORN TORTILLS WHOLE WHEAT STEWED APPLES 1% MILK	CHILI & BEANS CHEDDAR CHESSE SALAD/TOM/CARROTS CRACKERS PEACH COBBLER 1& MILK	BATTERED TILAPIA SWEET POTATOES SPINACH WHOLE GRAIN BREAD TROPICAL FRUIT OATMEAL/ RAISIN COOKIE % MILK
MONDAY 10-21	TUESDAY 10-22	WEDNESDAY 10-23	THURSDAY 10-24	FRIDAY 10-25
BBQ CHICKEN PRINCE EDW MIX POTATOE SALAD HAMBURGER BUN TROPICAL FRUIT 1% MILK	BEEF-MAC CASSEROLE GREEN BEANS MULTIGRAIN BREAD BANANA VANILLA WAF/BANANA PUDDING 1% MILK	SWEDISH MEATBALLS RICE STEWED TOMATOES CABBAGE MULTIGRAIN BREAD APPLE SLICES 1% MILK	SLOPPY JOE'S POTATOES O'BRIEN WHITE CORN/PEPPERS HAMBURGER BUN PEACHES&STRAWBERR 1% MILK	CHICKEN OVEN FRIED MASHED POTATOES BROCCOLI WHITE BREAD ORANGE SHERBERT WHITE CAKE 1% MILK
MONDAY 10-28	TUESDAY 10-29	WEDNESDAY 10-30	THURSDAY 10-31	FRIDAY
CHICKEN BREST POTATOE O'BRIEN BROCCOLI MULTIGRAIN BREA PINEAPPLE/ MANDARIN- OR-MI 1% MILK	BREADED CATFISH SPINACH COLE SLAW WHITE BREAD TROPICAL FRUIT 1% MILK	BEEF STEW SALAD/TOM/CARROTS CORN MUFFIN BANANA OATMEAL/RAISIN COOKIE 1% MILK	CHICKEN STIR FRY STIR FRY VEGS RICE PICKLED BEETS(COLD) MANDARIN ORANGES SHORTBREAD COOKIE 1% MILK	

HAPPY Halloween!