


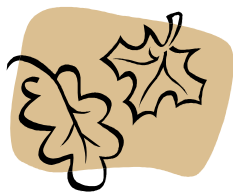



Sodus Senior Center
 Betty Mayou, Manager
 (315) 483-8362

October 2009

United 3rd Meth. Church
 56 West Main Street
 M-F 9:00 - 1:45

			<p>1 Cheese Ravioli w/ Meat Sauce, Peas Melon & Grapes</p> <p><u>Euchure</u></p>	<p>2 Baked Ham, Escalloped Potatoes, Beets, Peaches</p> <p><u>Bingo</u></p>
<p>5 Pork Chop w/ Apples, Mashed Potatoes, Brussel Sprouts, Mandarin Oranges</p> <p><u>Bone Builders</u></p>	<p>6 Seasoned Chicken Strips Shells & Cheese Spinach, Pears, Cookie</p>	<p>7 Vegetable Meatball Stew Cauliflower, Lemon Meringue Pie</p> <p><u>Bone Builders</u></p>	<p>8  9</p> <p><u>Center Closed</u></p>	
<p>12</p>  <p><u>Center Closed</u></p>	<p>13 Hot Dog, Parley Potatoes, Green Beans, Fruit Cocktail</p>	<p>14 Cabbage Rolls, Corn, Cherry Cheesecake Tarts</p> <p><u>Bone Builders</u> <u>Guest Speakers</u></p>	<p>15 Roast Beef & Gravy, Mashed Potatoes Carrots, Strawberry - Pineapple Jello</p> <p><u>Euchure</u></p>	<p>16 Vegetable Lasagna Toss Salad Mandarin Oranges</p> <p><u>Bingo</u></p>
<p>19 Turkey Cutlet Mac & Cheese, Broccoli, Apricot Halves</p> <p><u>Bone Builders</u></p>	<p>20 Pork Stir Fry over Noodles, Applesauce, Carrots, Cookie</p> <p><u>Wellness Clinic</u></p>	<p>21 Swiss Steak w/ Sauce Mashed Potatoes, Peaches</p> <p><u>Bone Builders</u></p>	<p>22</p>  <p><u>Center Closed</u></p>	<p>23 Spaghetti & Meatballs, Toss Salad, Chunky Applesauce</p> <p><u>Bingo</u></p>
<p>26 Mushroom & Swiss Chicken, Scalloped Potatoes, Asparagus Mandarin Oranges</p> <p><u>Bone Builders</u></p>	<p>27 Stuffed Shells, Toss Salad, Cranberry Juice, Peach Pie</p>	<p>28 Sweet & Sour Chicken over Brown Rice, Spinach, Strawberries</p> <p><u>Bone Builders</u></p>	<p>29 Roast Pork w/ Gravy Boiled Potatoes, Winter Squash, Plums</p> <p><u>Euchure</u></p>	<p>30 Frightful Fish Square Monster Mashed Potatoes, Slimy Green Beans, Petrified Pumpkin Mouse</p> <p><u>Bingo</u> </p>