



October Dining Room Lunch Menu

Lunch by Zack's Catering served Monday - Friday at 11:30 a.m. • \$7.00
 Reservations required by 7:30 a.m. • Main reservation number (707) 468-9256.
 Once a month: Lisa's Birthday Lunch at 11:30 a.m. • \$7.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Chicken Baked Potato Cole Slaw Roll Dessert	2 Pork Chops Scalloped Potatoes Vegetable Beef Soup Roll Dessert	3 Teriyaki Chicken Vegetable Chow Mein Mushroom Soup Roll Dessert	4 Beef Stew With Potatoes Salad Roll Dessert	5 Fried Chicken Mashed Potato with Gravy Biscuit Cole Slaw Dessert
8 Spaghetti with Meat Sauce Garlic Bread Salad Dessert	9 Pot Roast Mashed Potatoes Gravy Vegetable Roll Dessert	10 Chicken Enchilada Rice/Beans Tortilla Salad Dessert	11 Ham Steak Broccoli Soup Butter Beans Corn Bread Dessert	12 Beef Stroganoff Buttered Noodles Salad Roll Dessert
15 Meat Ball Sub Tater Tots Salad Dessert	16 Stuffed Pork Roast Stuffing Vegetable Roll Dessert	17 Club Sandwich Potato Salad Veggie Soup Dessert	18 Salisbury Steak Roasted Potato Vegetable Roll Dessert	19 Birthday Lunch Chicken Marsala Saffron Rice Harvest Salad Pumpkin Cheesecake
22 Meat Loaf Mashed Potato Gravy Vegetable Soup Roll Dessert	23 Polish Dog Bun Cole Slaw Tater Tots Dessert	24 Liver and Onions Rice Vegetable Garlic Bread Dessert	25 Turkey A-la King With Noodles Salad Biscuit Dessert	26 Swiss Steak Roasted Taters Vegetable Roll Dessert
29 Hamburger with Bun and all the fixings Chili Mac Salad Dessert	30 Chicken and Dumplings Vegetable Soup Dessert	31 Beef Tips Rice Vegetable Roll Dessert	<i>Coming to the Center for the Birthday Lunch? Please note that the celebration day has changed to the <u>third Friday</u> of the month.</i>	



Fall Dance Party with Clean Sweep - October 6

Tickets available at Ukiah Senior Center Administration,
 Mendocino Book Company, and at our website, www.ukiahseniorcenter.org
 Members advance ticket purchase • \$15
 Non-members \$20 • \$25 Pay at the door
Please note: Members purchasing advance tickets must show membership
 card at USC administration office, or call with credit card purchase to
 receive the discounted price before the day of the event. For this event,
 Members will be allowed to purchase a "guest" ticket at the Member price.