

OCTOBER • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
2 Italian Chicken Parmesan; Mozzarella & Marinara Sauce Ice Cream Weekly Salad Special Chopped Turkey	3 Pork Chop Applesauce Red Potatoes Vegetables Chocolate Éclair Pie	4 Wednesday Program Protect Yourself from Scammers, Hackers, Cybercriminals 2:30pm Diment Hall Refreshments	5 Rosemary Lemon Chicken Rice & Vegetable Pecan Pear Tart	6 Salmon Fillet with Hollandaise Brown Rice & Vegetables Lemon Meringue Pie	7 Cinema The Founder PG-13, 2016 Drama 1 hr 55 min Michael Keaton 1:00pm, Blanchard A
9 Baked Ziti with Italian Sausage Cherry Cobbler Weekly Salad Special Taco	10 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie Bring a guest to lunch for member price	11 Wednesday Program Mongolia, Presentation by Dan Presser 2:30pm Diment Hall Refreshments	12 Pork Scaloppini Ice Cream	13 Trout Almondine Rice & Vegetables Tapioca	14 Cinema Forsaken R, 2016 Drama 1 hr 30 min Kiefer Sutherland 1:00pm, Blanchard A
16 Parmesan Encrusted Roast Chicken, Mashed Potatoes & Gravy Banana Cream Pie Weekly Salad Special Nicoise	17 Quiche; Spinach or Bacon/Onion Salad Ice Cream	18 Wednesday Program Looking Ahead Wellness Series - The Brain Im- provement Prescription: Improv Comedy 2:30pm, Diment Hall Refreshments	19 Cheese Manicotti Birthday Cake	20 Sand Dabs with Asian Citrus Sauce Cheesecake	21 Cinema The Big Sick R 2017 Romantic Comedy 1hr 59 min Kumail Nanjiani 1:00pm, Blanchard A
23 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Peach Crisp Weekly Salad Special Greek	24 Chicken Cordon Bleu Brown Rice & Vegetables Blackberry Pie	25 Wednesday Program Medicare Update 2018 2:30pm Diment Hall Refreshments	26 Pork Osso Buco; Pork Shank in Sauce, Mashed Potatoes & Vegetables Banana Split Pie	27 Parmesan Encrusted Tilapia Ice Cream	28 Cinema The Circle PG-13 2017 Thriller 1 hr 50 min Emma Watson 1:00pm, Blanchard A
30 Roasted Chicken Curry Vegetables Ice Cream Weekly Salad Special Cobb	31 Meatloaf Mashed Potatoes & Gravy Peach Berry Pie	Nov 1 No Wednesday Program Flu Shot Day	<u>Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm</u> Hot Entree \$4.00 Large Hot Entree \$7.00 Salad Entree/Du Jour \$4.00 (Chicken Caesar, Shrimp, Chinese Chicken) Cup of Soup \$1.25, Bowl of Soup \$2.00, Fruit Cup \$1.25 Large Green Salad \$3.00, Small Variety/Fruit Salad \$1.75, Jello \$1.00 Dessert \$1.50, Sides \$1.00, Beverages \$.50-\$1.00		



An Adventure in Neighborliness: the concept remains fresh and the spirit of our organization continues.

www.carmelfoundation.org