## October





Takeout lunches are available for \$3.00 please call to reserve your lunch by 10:30am (989) 799-1266

	Sunday	Monday	Tuesday	Wellness Wednesday	Thursday	Friday	Saturday
				Taco Salad or salad	2 Swedish Meatballs w/ Noodles & Fruit	3 Chef's Choice	4
		6 Chicken Noodle Soup & Grilled Cheese or salad	7 Sub Sandwich Bar w/ Fruit or salad	8 Chicken Caesar Salad or salad	Green Beans w/ cheesy potatoes	10 Lasagna w/Garlic Toast Salad	WORLD MENTAL HEALTH DAY
12		13 Spicy Chx Sandwich w/ & Fries or salad	14 Chili w/ Cornbread or salad	Salad Bar	16 Cheeseburger Soup or salad	17 Chef's Choice	18
19		Chili Chz Dogs & Fritos or salad	21 Tacos & Spanish Rice or salad	22 Chicken Breast Veggies & Rice or Salad	23 Spaghetti w/ Meatballs or salad	24 Chef's Choice	Accreditation
2		27 Pizza Burgers & Chips or salad	28 Chicken Alfredo w/ Spaghetti Squash	Zucchini Casserole or salad	Nachos or salad	31 HALLOWEEN Chef's Choice	

## October \*\*









(989) 799-1266

Sunday	Monday	Tuesday	Wellness Wednesday	Thursday	Friday	Saturday
	* * *	* * *	Meet & Greet 8:30am Farmer's Market Adopt-a-garden	2 Meet & Greet 8:30 am Community Integration 2pm	3 Meet & Greet 8:30 am Job Development 2:00 pm	4
5	6 Meet & Greet 8:30 am Newsletter Mtg. 1:00 pm	7 Meet & Greet 8:30 am w/ Brian \$3	8 Meet & Greet 8:30am Biggest Loser Weigh-in Adopt-a-garden	9 Meet & Greet 8:30 am Community Integration 2pm	10 Mental Health Day Luncheon	MORLD MENTAL HEALTH DAY
12	13 Meet & Greet 8:30 am Newsletter Mtg. 1:00 pm	14 Meet & Greet 8:30 am Membership Dinner FREE 2:00	15 Meet & Greet 8:30am Farmer's Market Adopt-a-garden	16 Meet & Greet 8:30 am Community Integration 2pm	17 Meet & Greet 8:30 am Job Development 2:00 pm	Fall Crafts w/ Stephanie \$3
	20 Meet & Greet 8:30 am Newsletter Mtg. 1:00 pm	Meet & Greet 8:30 am Membership Meeting 2:00 pm	Meet & Greet 8:30am Biggest Loser Weigh-in Adopt-a-garden	23Accreditation  Meet & Greet 8:30 am	8:30 am Job Development 2:00 pm	
	Meet & Greet 8:30 am Rect & Greet 8:30 am W/ Josh \$3	28 Meet & Greet 8:30 am Membership Meeting 2:00 pm	29 Meet & Greet 8:30am Farmer's Market Adopt-a-garden	30 Meet & Greet 8:30 am Community Integration 2pm	3] Meet & Greet 8:30 am Job Development 2:00 pm	0.0