



**CAC OCTOBER 2024**  
 CHETCO ACTIVITY CENTER  
 NUTRITION PROGRAM  
 550 CHETCO LANE, BROOKINGS, OR  
 541-469-6822

**Menu is subject  
to change  
without  
notice.**

**Meals include:**  
 Drinks—Coffee, Tea (hot or iced)  
 Milk, Water  
 Salad, dessert

**Meals Cost  
\$10.00 to  
Prepare  
If you are over  
60 please  
donate what  
you can**

**SALAD SERVED—11:15  
MAIN COURSE—11:30**

Mon	Tue	Wed	Thu	Fri
	1 Garden Burger Chicken & Rice Soup	2 BBQ Chicken Rice Pilaf Peas & Carrots	3 Tuna Pasta Salad Crackers Pickled Beets	4 Herb Baked Fish Cheesy Mashed Potatoes Chef's Blend
7 Vegetarian Spaghetti with Veggie Balls Bread Sticks Garbanzo Beans	8 Beef Stew Egg Salad Sandwich	9 Roast Beef Mashed Potatoes Gravy Roasted Veggies	10 Taco Salad Chips Salsa	11 Lemon Baked Fish Baked Potatoes Green Beans
14 Sausage Gravy Biscuit Peaches	15 Grilled Cheese Sandwich Chunky Tomato Soup	16 Spaghetti Meatballs Bread Sticks Chef's Blend	17 Mediterranean Chicken Pasta Salad Crackers Pickle	18 Panko Crusted Fish Baked Beans Roasted Veggies
21 Broccoli & Cheese Frittata English Muffin Fruit	22 Pork & Chili Stew Cheese Sandwich	23 Pork Roast Brown Rice Applesauce	24 Mini Pizza Supreme Pork & Beans Corn	25 Hawaiian Baked Fish Rice Pilaf Peas
28 Vegetarian Chili Corn Bread Corn	29 Kielbasa & Sauerkraut Cheesy Mashed Potatoes Broccoli	30 <b>TURKEY DAY</b> Roast Turkey Mashed Potatoes Gravy Green Beans	31 <b>HAPPY HALLOWEEN</b> Mini Cheese Pizza Turkey Vegetable Soup	