



# September Menu

MON	TUE	WED	THU	FRI
	<b>2</b> Spaghetti w/Meat Sauce Fried Zucchini Garlic Knots Fruit Salad	<b>3</b> Seasoned Baked Chicken Rice Pilaf Roasted Broccoli Biscuit Fresh Fruit	<b>4</b> Cheeseburger w/Lettuce, Tomato, Onion, Pickle French Fries Baked Beans Vanilla Peaches	<b>5</b> Fried Catfish Potatoes & Onions Coleslaw Hushpuppies Green Tomato Relish
<b>8</b> Beef Stroganoff Green Beans Garlic Knots Apple Crisp	<b>9</b> Biscuits & Gravy Sausage Links Scrambled Eggs Blueberry Muffin Mandarin Oranges	<b>10</b> Broccoli Cheese Soup ½ Turkey Club Potato Chips Fresh Fruit	<b>11</b> Taco Salad Black Beans & Corn Chips & Salsa Tropical Fruit	<b>12</b> Chicken Tenders Mashed Potatoes w/Gravy Fried Okra Cornbread Peach Crisp
<b>15</b> Open Faced Roast Beef Sandwich Mashed Potatoes Capri Veg Mix Blackberry Crisp	<b>16</b> Chicken and Dumplings Black Eyed Peas Seasoned Greens Cornbread	<b>17</b> Chef Salad w/Turkey, Ham, Egg, Tomato Crackers Dressing Fruit and Yogurt	<b>18</b> Meatloaf Mashed Potatoes w/Gravy Buttered Corn Fresh Baked Biscuit Diced Peaches	<b>19</b> Chicken Pot Pie Broccoli & Cheese Fried Apples Chocolate Cake
<b>22</b> Honey BBQ Wings Cheesy Creamy Corn Side Salad/Dressing Mexican Cornbread Fruit Cocktail	<b>23</b> Beef Ravioli w/Marinara Italian Vegetables Garlic Bread Tiramisu	<b>24</b> BLT Sandwich Tater Tots Baked Beans Fresh Orange Slices	<b>25</b> Beef & Bean Tacos Spanish Rice Refried Beans Churros w/Fried Apples	<b>26</b> Chicken Cordon Bleu Scalloped Potatoes Spinach w/Bacon Roll Berry Crisp
<b>29</b> Pulled Pork Plate Baked Beans Potato Salad Fresh Roll Fruit Crisp	<b>30</b> Sloppy Joes Tater Tots Green Beans Fruit Cocktail Cookie	<b>\$4 Suggested Donation for 60+</b>  <b>\$8 Charge for under 60 eating on site</b>  <b>\$8.50 Charge for all take out</b>	<b>Drawing For Free Meal Ticket will be held at the end of the Month</b>	<b><u>MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY MUST CALL BY 9:30 AM FOR TO GO ORDERS</u></b>



**Carroll County Senior Activity & Wellness Center**  
**202 West Madison Avenue**

**Berryville, Arkansas 72616**  
**(870) 423-3265**

**Monday - Thursday 8:00am-4:00pm**

**Friday 8:00am-2:00pm**

**LUNCH IS SERVED**

**BETWEEN**

**12-12:45**

**MON-FRI**

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY  
 PROVIDER AND EMPLOYER. EEO  
 EMPLOYER/AA/M/F/VET/DISABLED".





# THE CARROLL COUNTY BREEZE

# September Activities

MON	TUE	WED	THU	FRI
	<b>2</b> <u>10:00am-11:00am</u> Board & Card Games  <u>12:45pm-1:45pm</u> Walmart	<b>3</b> <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	<b>4</b> <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	<b>5</b> Available All Day: Billiard Tables Pinochle Dominoes Gym Area
<b>8</b> <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class  <u>10:00am-11:00am</u> Tai Chi Class	<b>9</b> <u>10:00am-11:00am</u> Board & Card Games <u>10:00am-11:00am</u> CRAFTY TUESDAY <u>12:45pm-1:45pm</u> Walmart	<b>10</b> <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	<b>11</b> <u>8:30am-11:30am</u> Quilting Group  <u>10:00am-11:00am</u> BINGO!	<b>12</b> Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
<b>15</b> <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class <u>10:00-11:00</u> Brain Fitness Workshop	<b>16</b> <u>10:00am-11:00am</u> Board & Card Games <u>11:00am-11:45</u> Ambassador Committee Meeting <u>12:45pm-1:45pm</u> Walmart	<b>17</b> <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class  <u>8:00 BUS LEAVES FOR HARRISON TRIP</u>	<b>18</b> <u>8:30am-11:30am</u> Quilting Group  <u>10:00am-11:00am</u> BINGO!	<b>19</b> Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
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**Shop the Carroll County Senior Thrift Store on the Square!**  
**Between Wilson's TV & Farmer in the Deli!**  
**Wed-Sat 11am-4pm**  
**(870) 929-6280**