

October



2026

Sullivan Choice 730 West Main St. Sullivan, MO. 63080 - (573) 468-3766 - Center Hours: 9am-2pm - Milk is offered with each meal. Suggested donation is \$8 for those 60 and over. The cost of an Aging Ahead meal is \$12 for those under 60 years old. Lunch Reservations are required.

Monday	Tuesday	Wednesday	Thursday	Friday
			Baked Ham Greens Baked Beans Apple Roll Graham Crackers 1	2
Beef Pot Roast w/Gravy 5 Stewed Tomatoes Mashed Potatoes Pears Roll Muffin	6	7	Brown Sugar & Garlic 8 Porkloin Brussel Sprouts Mixed Vegetables Orange Roll & Graham Crackers	9
Fall Turkey Chili 12 Squash Caramel Apples Cornbread Wheat Crackers	13	14	15 Chicken Strips Potato Wedges Peas Banana Sun Chips Roll	16
Carnita Tacos 19 Black Beans Roasted White Corn Mandarin Orange Tortillas	20	21	22 Spaghetti Bolognese Italian Blend Vegetables Cherries Italian Ice Wheat Bread *Cultural Spotlight*	23
Potato Stroganoff 26 Scalloped Potatoes Wheat Bread Pears Graham Crackers Steamed Carrots	27	28	29 Hot Dog French Fries Peas Apple Wheat Bun Jello	Halloween-10/31 30 

Daily Menus may change without notice.