


Friendship Centers of Emmet County - October 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Lemon Pepper Chicken Thighs Wild Rice Broccoli Cauliflower Fruit Cocktail Bread	2 Cheese Omelet Sausage Hash Browns Onions Peppers Banana Bagel with Cream Cheese	3 Stuffed Green Pepper Potato Carrots Diced Pears Bread	4 Crab Cakes Hushpuppies Green Beans Mandarin Oranges Bread
7 Vegetable Egg Rolls Fried Rice Oriental Vegetable Pineapple Fortune Cookies	8 Baked Chicken Mashed Potatoes Green Beans Tropical Fruit Biscuit	9 Chili Dog French Fries Carrots Diced Pears Bun	10 Smothered Porkchops Wild Rice Brussels Sprouts Apple Sauce Bread	11 Chicken Nuggets Diced Potatoes Beets Apricots Bread
14 Pork Pot Roast Potato Carrots Apple Sauce Bread	15 Chicken Cordon Bleu Casserole Cauliflower Spinach Tropical Fruit Bread	16 Baked Potato Bar Cheese Sauce Salsa Diced Ham Broccoli Banana Bread	17 Mushroom Swiss Burger Wild Rice Mixed Vegetables Apricots Bun	18 Cabbage Roll Potato Italian Green Beans Fresh Fruit Bread
21 Chicken Cavatappi Stewed Tomatoes Spinach Diced Peaches Garlic Biscuit	22 Meatball Sub Sweet Potato Tater Tots Carrots Pineapple Sub Bun	23 Parmesan Garlic Pork Chop Red Potatoes Beets Apple Sauce Bread	24 Baked Chicken Mashed Potatoes Green Beans Blueberries Biscuit	25 Salisbury Steak Potato Capri Vegetable Fruit Cocktail Bread
28 Cheese Burgers French Fries Zucchini Diced Peaches & Pears Bun	29 Spaghetti w/ Meat Sauce Pasta Carrots Peas Tropical Fruit Garlic Biscuit	30 Turkey Mashed Potatoes California Mixed Vegetables Banana Bread	31 HAPPY ELDERWEEN SPOOKY Homemade Beef Chili Bar Beets Halloween Cookies Cornbread	

Foot Care by RNs

*\$25
for Emmet
County
Residents*

*\$30
for out-of-
county
Residents*

*Call to
schedule an
appointment:*

*Petoskey
(231) 347-3211*

*Huber (Brutus)
(231) 529-8803*



FREE Hearing Tests on
Tuesday, October 8th
from 9:00 a.m. to 12:00
p.m. at the Brutus
Friendship Center.
*Available to those age
60 and older. By
Appointment Only! Call
231-529-8803*