

# Meal Site Menu

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Do you or loved ones have Medicare? SHIIP can help if you questions.</b>  <b>1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b></p>			<p><b>1. Slice Turkey Breast, Swiss Cheese, Potato Salad, Hamburger Bun, Chocolate Pudding</b></p>
<p><b>4. Sausage w/Onions &amp; Peppers, Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, &amp; Milk</b></p>	<p><b>5. Chili Pie, Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</b></p>	<p><b>6. Turkey Breast w/Gravy, Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit &amp; Grain Bar, &amp; Milk.</b></p>	<p><b>7. Beef Patty, Baked Beans, Lettuce &amp; Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce,</b></p>	<p><b>8. Parmesan Chicken, Garlic &amp; Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, &amp; Ranch Salad Dressing.</b></p>
<p><b>11. Hamburger Stew, Rice, Orange Juice, Wheat Bread, Apple Cobbler, &amp; Milk.</b></p>	<p><b>12. BBQ Pork Riblet, Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, &amp; Milk</b></p>	<p><b>13. Beef Fiesta Mac &amp; Cheese, Green Peas, Mexican Corn, Texas Bread, Rocky Road Pudding, &amp; Milk.</b></p>	<p><b>14. Cheese Omelet, Grits, Hot Glaze Peaches, Wheat Bread, Orange Juice, Milk, Margarine, &amp; Assorted Jelly.</b></p>	<p><b>15. Slice Turkey Breast, Swiss Cheese, Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, &amp; Milk.</b></p>
<p><b>18. Chicken Vegetable Stew, Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.</b></p>	<p><b>19. Beef Patty, Pepper &amp; Onion Gravy, Whipped Potatoes, Green Peas, White Bread, Fresh Banana, &amp; Milk.</b></p>	<p><b>20. BBQ Chicken, Macaroni &amp; Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, &amp; Milk.</b></p>	<p><b>21. Beef Cabbage Casserole, Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, &amp; Ranch Salad Dressing.</b></p>	<p><b>22. Sliced Ham, Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit &amp; Grain Bar, &amp; Milk</b></p>
<p><b>25. Beef Spanish Rice, Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, &amp; Milk</b></p>	<p><b>26. Chicken Salad, Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, &amp; Milk.</b></p>	<p><b>27. Spaghetti Casserole, Greens Beans, Tossed Salad, Texas Bread, Apple Cobbler, &amp; Milk, Ranch Salad Dressing, &amp; Margarine.</b></p>	<p><b>28. Pineapple Chicken, Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, &amp; Milk.</b></p>	<p><b>29. Baked Chicken, Parslied Rice, Brussels Sprouts, Grape Juice, Wheat Roll, Oatmeal Raisin Cookie, &amp; Milk.</b></p>

# East Rockingham Meal Site

135 Safie 6<sup>th</sup> Street, Rockingham, NC 28379

910-997-8225

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Do you or loved ones have Medicare? SHIIP can help if you questions.</b> <b>1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b></p>			<p><b>1. Slice Turkey Breast, Swiss Cheese, Potato Salad, Hamburger Bun, Chocolate Pudding</b></p>
<p><b>4. Sausage w/Onions &amp; Peppers,</b> Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, &amp; Milk</p>	<p><b>5. Chili Pie,</b> Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</p>	<p><b>6. Turkey Breast w/Gravy,</b> Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit &amp; Grain Bar, &amp; Milk.</p>	<p><b>7. Beef Patty,</b> Baked Beans, Lettuce &amp; Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce,</p>	<p><b>8. Parmesan Chicken,</b> Garlic &amp; Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, &amp; Ranch Salad Dressing.</p>
<p><b>11. Hamburger Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, &amp; Milk.</p>	<p><b>12. BBQ Pork Riblet,</b> Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, &amp; Milk</p>	<p><b>13. Beef Fiesta Mac &amp; Cheese,</b> Green Peas, Mexican Corn, Texas Bread, Rocky Road Pudding, &amp; Milk.</p>	<p><b>14. Cheese Omelet,</b> Grits, Hot Glaze Peaches, Wheat Bread, Orange Juice, Milk, Margarine, &amp; Assorted Jelly.</p>	<p><b>15. Slice Turkey Breast, Swiss Cheese,</b> Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, &amp; Milk.</p>
<p><b>18. Chicken Vegetable Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.</p>	<p><b>19. Beef Patty, Pepper &amp; Onion Gravy,</b> Whipped Potatoes, Green Peas, White Bread, Fresh Banana, &amp; Milk.</p>	<p><b>20. BBQ Chicken,</b> Macaroni &amp; Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, &amp; Milk.</p>	<p><b>21. Beef Cabbage Casserole,</b> Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, &amp; Ranch Salad Dressing.</p>	<p><b>22. Sliced Ham,</b> Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit &amp; Grain Bar, &amp; Milk</p>
<p><b>25. Beef Spanish Rice,</b> Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, &amp; Milk</p>	<p><b>26. Chicken Salad,</b> Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, &amp; Milk.</p>	<p><b>27. Spaghetti Casserole,</b> Greens Beans, Tossed Salad, Texas Bread, Apple Cobbler, &amp; Milk, Ranch Salad Dressing, &amp; Margarine.</p>	<p><b>28. Pineapple Chicken,</b> Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, &amp; Milk.</p>	<p><b>29. Baked Chicken,</b> Parslied Rice, Brussels Sprouts, Grape Juice, Wheat Roll, Oatmeal Raisin Cookie, &amp; Milk.</p>

# Ellerbe Meal Site

306 Millstone Road, Ellerbe, NC 28338

910-652-6006

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Do you or loved ones have Medicare? SHIP can help if you questions.</b>  <b>1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b></p>			<p><b>1. Slice Turkey Breast</b>, Swiss Cheese, Potato Salad, Hamburger Bun, Chocolate Pudding</p>
<p><b>4. Sausage w/Onions &amp; Peppers</b>, Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, &amp; Milk</p>	<p><b>5. Chili Pie</b>, Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</p>	<p><b>6. Turkey Breast w/Gravy</b>, Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit &amp; Grain Bar, &amp; Milk.</p>	<p><b>7. Beef Patty</b>, Baked Beans, Lettuce &amp; Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce,</p>	<p><b>8. Parmesan Chicken</b>, Garlic &amp; Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, &amp; Ranch Salad Dressing.</p>
<p><b>11. Hamburger Stew</b>, Rice, Orange Juice, Wheat Bread, Apple Cobbler, &amp; Milk.</p>	<p><b>12. BBQ Pork Riblet</b>, Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, &amp; Milk</p>	<p><b>13. Beef Fiesta Mac &amp; Cheese</b>, Green Peas, Mexican Corn, Texas Bread, Rocky Road Pudding, &amp; Milk.</p>	<p><b>14. Cheese Omelet</b>, Grits, Hot Glaze Peaches, Wheat Bread, Orange Juice, Milk, Margarine, &amp; Assorted Jelly.</p>	<p><b>15. Slice Turkey Breast, Swiss Cheese</b>, Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, &amp; Milk.</p>
<p><b>18. Chicken Vegetable Stew</b>, Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.</p>	<p><b>19. Beef Patty, Pepper &amp; Onion Gravy</b>, Whipped Potatoes, Green Peas, White Bread, Fresh Banana, &amp; Milk.</p>	<p><b>20. BBQ Chicken</b>, Macaroni &amp; Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, &amp; Milk.</p>	<p><b>21. Beef Cabbage Casserole</b>, Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, &amp; Ranch Salad Dressing.</p>	<p><b>22. Sliced Ham</b>, Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit &amp; Grain Bar, &amp; Milk</p>
<p><b>25. Beef Spanish Rice</b>, Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, &amp; Milk</p>	<p><b>26. Chicken Salad</b>, Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, &amp; Milk.</p>	<p><b>27. Spaghetti Casserole</b>, Greens Beans, Tossed Salad, Texas Bread, Apple Cobbler, &amp; Milk, Ranch Salad Dressing, &amp; Margarine.</p>	<p><b>28. Pineapple Chicken</b>, Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, &amp; Milk.</p>	<p><b>29. Baked Chicken</b>, Parslied Rice, Brussels Sprouts, Grape Juice, Wheat Roll, Oatmeal Raisin Cookie, &amp; Milk.</p>

# Hamlet Meal Site

102 Veterans Drive, Hamlet, NC 28345  
910-582-7985

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Do you or loved ones have Medicare? SHIP can help if you questions.</b> <b>1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b></p>			<p><b>1. Slice Turkey Breast,</b> Swiss Cheese, Potato Salad, Hamburger Bun, Chocolate Pudding</p>
<p><b>4. Sausage w/Onions &amp; Peppers,</b> Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, &amp; Milk</p>	<p><b>5. Chili Pie,</b> Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</p>	<p><b>6. Turkey Breast w/Gravy,</b> Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit &amp; Grain Bar, &amp; Milk.</p>	<p><b>7. Beef Patty,</b> Baked Beans, Lettuce &amp; Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce,</p>	<p><b>8. Parmesan Chicken,</b> Garlic &amp; Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, &amp; Ranch Salad Dressing.</p>
<p><b>11. Hamburger Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, &amp; Milk.</p>	<p><b>12. BBQ Pork Riblet,</b> Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, &amp; Milk</p>	<p><b>13. Beef Fiesta Mac &amp; Cheese,</b> Green Peas, Mexican Corn, Texas Bread, Rocky Road Pudding, &amp; Milk.</p>	<p><b>14. Cheese Omelet,</b> Grits, Hot Glaze Peaches, Wheat Bread, Orange Juice, Milk, Margarine, &amp; Assorted Jelly.</p>	<p><b>15. Slice Turkey Breast,</b> Swiss Cheese, Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, &amp; Milk.</p>
<p><b>18. Chicken Vegetable Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.</p>	<p><b>19. Beef Patty, Pepper &amp; Onion Gravy,</b> Whipped Potatoes, Green Peas, White Bread, Fresh Banana, &amp; Milk.</p>	<p><b>20. BBQ Chicken,</b> Macaroni &amp; Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, &amp; Milk.</p>	<p><b>21. Beef Cabbage Casserole,</b> Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, &amp; Ranch Salad Dressing.</p>	<p><b>22. Sliced Ham,</b> Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit &amp; Grain Bar, &amp; Milk</p>
<p><b>25. Beef Spanish Rice,</b> Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, &amp; Milk</p>	<p><b>26. Chicken Salad,</b> Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, &amp; Milk.</p>	<p><b>27. Spaghetti Casserole,</b> Greens Beans, Tossed Salad, Texas Bread, Apple Cobbler, &amp; Milk, Ranch Salad Dressing, &amp; Margarine.</p>	<p><b>28. Pineapple Chicken,</b> Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, &amp; Milk.</p>	<p><b>29. Baked Chicken,</b> Parslied Rice, Brussels Sprouts, Grape Juice, Wheat Roll, Oatmeal Raisin Cookie, &amp; Milk.</p>