GOOD SHEPHERD HEALTH CENTER
SENIOR CITIZEN MENU

OCTOBER 2026

October 4
BAKED CHICKEN/HAMBALLS/GOULASH
Mashed Potatoes/Gravy
Carrots/Green Beans
Potato Salad/Strawberry Cheesecake Fluff
Relishes/Dinner Roll
Pecan Pie/Coconut Cream Pie

October 11
BAKED CHICKEN/SWISS STEAK/TUNA & NOODLES
Mashed Potatoes/Gravy
Winter Mix/Squash
Ranch Cottage Cheese/Pear Lime Jello
Relishes/Dinner Roll
Strawberry Rhubarb Pie/Chocolate Meringue Pie

October 18
BAKED CHICKEN/MEATLOAF/LIVER & ONIONS
Mashed Potatoes/Gravy
Glazed Carrots/Green Beans
Coleslaw/Oreo Fluff
Relishes/Dinner Roll
Raspberry Pie/Banana Cream Pie

October 25
BAKED CHICKEN/MINUTE STEAKS IN GRAVY/GOULASH
Mashed Potatoes/Gravy
Broccoli Normandy in cheese sauce
Potato Salad/Lettuce Salad with dressings
Relishes/Dinner Roll
Cherry Pie/Chocolate Meringue Pie

Serving from 11:30 to 12:15 p.m.
Cost: $8.00 – Senior Citizens
$10.00 – Senior's Invited Guests & Visitors
Gift Certificates available at the dinner or call
Good Shepherd business office – (641) 424-1740
****Please use the half-circle drive entrance on 2nd N.E.****