

## Autumn 2018 MENU

October 2<sup>nd</sup> (VNA Flu Shots)

Spaghetti & Meatballs served with Green Salad

November 6<sup>th</sup>

Roast Turkey served with Traditional Stuffing,  
Mashed Potatoes and Cooked Vegetables

December 4<sup>th</sup>

Ham served with Sweet Potatoes and Green Beans

A mere \$10 donation gets you lunch served with fruit,  
dessert and your choice of coffee, tea, milk or punch.

Bring a reusable bag and take home some fresh produce compliments  
of the Monterey County Food Bank.

**Alliance on Aging**  
**Senior Luncheon**

10:00 a.m. – 1:00 p.m.  
(lunch is served at 12:00)

Saint Ansgar's Lutheran Church  
72 East San Joaquin Street in Salinas, 93901