








Senior Nutrition Program		September 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4  Closed	5 Lasagna Corn Hot cinnamon Apples Garlic Bread 2% Milk	6 Old Time Fiddlers Fish Fillet Rice pilaf Mix Vegetable Fruit Peanut butter oatmeal cake 2% milk	7 Shepherd's Pie Carrots Cottage Cheese w/ Pineapple Roll w/ mar Cookie 2% Milk 
11 Cooks Choice 	12 Sloppy Joe 3 bean salad Fresh Fruit Chips No Bake Cookie 2% milk 	13 Banjo Man Beef Stroganoff Green Beans Fruit w/ jell O Cheesy biscuit Choc Cake 2% Milk	14 Turkey Roast Mashed Potatoes w/ Gravy Beets Peaches Wheat Dinner Roll/ Margarine 2% Milk
18 Hawaiian Chicken w pepper, onion and pineapple Chinese noodles Vegetables Mandarin oranges 2% milk	19 Beef stew with veggies Cheese stick Fruit Cocktail Choc chip cookie Bread Stick 2% Milk	20 Gary & Dodi Pork Chop Stuffing & gravy Broccoli Applesauce Wheat roll w/ margarine 2% Milk 	21 Roast Beef Mashed potatoes & gravy Peas & Carrot Peach pie Roll w/ margarine 2% milk
25 Breaded Chicken Sandwich chips Peas Tropical Fruit 2% Milk 	26 Corn Chowder with Bacon Cheese Stick Oatmeal Raisin Cookie Pineapple Muffin 2% Milk	27 Raymond Turkey Broccoli Casserole Side of a veggie Red Potatoes Pears Corn Bread 2% Milk	28 Tuna Casserole Corn Bread Glazed Carrots Fruit Gingerbread/ sauce 

**SUGGESTED DONATION SENIORS 60 AND OVER \$3.00
 UNDER 60 COST OF MEAL IS \$6.00**

**Please call on the day you plan to eat at the center by 9a.m. Thanks
 MENU SUBJECT TO CHANGE AND SUBSTITUTIONS THANK YOU
 435-623-7306**



