

Senior Nutrition Program

September 2023

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

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

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