

September 2019—Senior Center Lunch Menu

Lunch served at 11:30 am to 12:30 pm Monday through Friday

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>**All meals served with coffee/tea/milk</i>	2 CLOSED 	3 Hamburger Steak w/ Onions & Brown Gravy Buttered Carrots Mashed Potatoes Wheat Roll Strawberries	4 Chicken Alfredo Strawberry & Spinach Salad Green Beans Garlic Roll Apple	5 Ham & Cheese Sandwich Lettuce, Tomato & Cheese Pasta Salad Frito Chips	6 Chicken Strips Scalloped Potatoes Antiqua Vegetables Wheat Roll Banana	7
8	9 Chicken Fried Steak w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Roll Peaches	10 Teriyaki Chicken Asian Rice Oriental Vegetables Egg Roll Fruit	11 Taco Salad, Meat, Beans & Cheese Lettuce & Tomato Pineapple Tostito Chips Ice Cream Bar	12 Turkey & Cheese Sandwich Cottage Cheese Potato Salad Mixed Fruit Chocolate Chip Cookie	13 Stuffed Peppers Scalloped Potatoes Buttered Peas Wheat Roll Pineapple	14
15	16 Goulash Buttered Corn Green Beans Wheat Roll Rosy Applesauce	17 Sloppy Joe on Bun Potato Salad Coleslaw Peaches Ice Cream Bar	18 Sausage Patties Oven Hash Browns Orange Juice Biscuit & Gravy Cantaloupe	19  Birthday/Anniversary Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Wheat Roll Birthday Cake w/ fruit	20 Cook's Choice 	21
22	23 Baked Chicken Hominy Carrots Wheat Roll Sliced Pears	24 Spaghetti w/ Meat Sauce Dk Green Leafy Salad Harvard Beets Whole Wheat Roll Peach Crisp	25 Ham & Beans Spinach Oven Hash Browns Cornbread Applesauce	26 Chicken or Fish Sandwich Macaroni & Tomatoes Corn Wheat Bun Strawberries & Bananas	27 BBQ Pork on Bun Potato Salad Cottage Cheese Tomato Juice Fresh Frapes	28
29	30 Cheeseburger w/ Lettuce/Tomato/Onions Baked Beans Pasta & Veggies Bun Banana	Oct. 1 Chicken & Dumplings Mashed Potatoes Peas & Carrots Wheat Roll Fruit Salad	2 Swiss Steak or Liver w/ Onions Steamed Rice Broccoli Wheat Roll Tropical Fruit	3 Pork Roast California Blend Veggies Au Gratin Potatoes Wheat Roll Cantaloupe	4 Sliced Ham & Cabbage Green Beans Juice Corn Drop Biscuits Sliced Peaches	