

Nutrition Program  
Director: Lorri

Cooks: Jami, Jake, Mary,  
Winter, and Amy

# SEPT. MENU

**ALL MEAL SITES NOW OPEN**  
Reserve your meal by Noon the day before.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Cheesy Ham & Hash Brown Casserole Tomato Wedges Spiced Apples Scone	30 Chicken Alfredo w/ Noodles Steamed Broccoli Garlic Bread Mandarin Spinach Salad Avalanche Bar	31 Polish dog w/ Sauerkraut Mashed Potatoes Corn on the Cob Sliced Peaches	1 Cheeseburger w/ Pickles & Onions Baked Beans Pasta Salad Ice Cream Sandwich	2 BBQ Ribs Au Gratin Potatoes Green Beans Fruit Sunshine Salad
5 	6 <b>GF</b> Beef & Broccoli White Rice Asian Vegetables Peaches Cookie	7 	8 Crispy Chicken Salad w/ Honey Mustard Dressing Tomato Wedges, Cheese, & Boiled Egg/ Dinner Roll Banana Lemon Bar	9 Stuffed Pepper Parmesan Mashed Potatoes Sunshine Carrots Fruit Chocolate Cake w/ Peanut Butter Frosting
12 Ham & Scallop Potatoes Buttered Peas Fruit Pudding w/ Topping	13 Lemon Dill Cod w/ Tartar Sauce Wild Rice Stewed Tomatoes Rosy Pears	14 Beef Enchilada w/ Salsa & Sour Cream Fiesta Rice Catalina Frito Salad Margarita Cake	15 BBQ Pork Sandwich Corn on the Cob Creamy Coleslaw Ice Cream	16 Chicken Fried Chicken w/ Gravy Mashed Potatoes Steamed Broccoli Pistachio Salad Brownie <b>SP Birthday</b>
19 Beef Stroganoff Vegetable 3 Bean Salad Tropical Fruit	20 Philly Cheesesteak Sloppy Joe Sunshine Carrots Potato Salad Ice Cream Bar	21 White Chicken Chili w/ Tortilla Strips, Cheese, & Sour Cream Garden Salad Cinnamon Roll	22 <b>GF</b> Quiche Lorraine Potatoes O'Brien Yogurt w/ Granola Scone Fruit Juice	23 Rosemary Pork Roast w/ Gravy Traditional Stuffing Green Beans Cinnamon Applesauce Cake <b>Alliance, Laurel, &amp; Hts Birthday</b>
26 Spaghetti w/ Meat Sauce Steamed Broccoli Tossed Salad w/ Red Beans Fruit	27 Crispy Chicken Sandwich w/ Lettuce & Tomato Pork & Beans Pink Lady Apple Raspberry Bar	28 Beef & Mushrooms Over Mashed Potatoes Crinkle Cut Carrots Peaches Cookie	29 Turkey Divan w/ Cranberries Sweet Potatoes Vegetable Apple Crisp w/ Topping	30 Baked Honey Ham Scallop Potatoes Peas Bacon Cauliflower Salad Pineapple Upside Down Cake

\*Menu Subject to Change

**MEAL SITE RESERVATIONS must be made by Noon, at least 1 business day in advance.**

- A requested donation of \$5.00 per meal for adults 60 and above.
- Under 60 charge is \$7.00.

- Menu is subject to change
- GF = GLUTEN FREE