


SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1 *
Senior Meals Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Service from 11:30am Until 12:30pm	L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard	Menu Subject To Change Items with Asterisks Should only be used for Frozen Meals		Soft Chicken Taco w/Salsa Pinto Beans Cucumber Salad Shredded Lettuce and Tomato Banana
MONDAY 4	TUESDAY 5	WEDNESDAY 6 *	THURSDAY 7 *	FRIDAY 8 *
All Centers Closed For Labor Day 	Polish Sausage w/Bun Peppers and Onions Steak Fries Coleslaw Apricots	Baked Chicken Thighs Rice Pilaf Green Beans WW Roll w/Margarine Pineapple Tidbits	Pork Posole Steamed Spinach & Onions Tossed Garden Salad Flour Tortilla Fresh Apple	Closed For Staff Training
MONDAY 11	TUESDAY 12 *	WEDNESDAY 13 *	THURSDAY 14	FRIDAY 15
Chicken Breast Strips w/HM Steamed Brown Rice Monte Carlo Vegetables Mixed Green Salad w/Dressing Orange	RC Bean & Cheese Burrito Spanish Rice Steamed Cauliflower Shredded Lettuce & Tomato Red Grapes	Spaghetti w/M eatballs Italian Vegetables Caesar Salad w/Dressing Garlic Breadsticks Honey Dew Melon	Chef's Salad w Turkey, Ham, Tomato, Cheese, & Egg Croutons Club Crackers Tropical Fruit Salad	Ham & Cheese Sandwich Lettuce, Tomato, Onion Three Bean Salad Fresh Banana Chocolate Chip Cookie
MONDAY 18 *	TUESDAY 19	WEDNESDAY 20 *	THURSDAY 21	FRIDAY 22
Salisbury Steak w/Mushroom Gravy Mashed Potatoes Mixed Vegetables Beet & Onion Salad WW Roll w/Margarine Fresh Apple	Baked Penne w/Marinara Island Blend Vegetables Caesar Salad w/ Dressing Garlic Breadstick Diced Peaches	Meatloaf Mashed Potatoes & Gravy Chateau Vegetables Bacon & Green Pea Salad Biscuit w/Margarine Diced Pears	Chinese Chicken Salad w/ Diced Chicken Shredded Lettuce/Cabbage Sweet Roll w/Margarine Pineapple Chunks Fortune Cookie	GC Cheeseburger Tater Tots Baked Beans Lettuce, Tomato, Onion, Pickle Watermelon
MONDAY 25 *	TUESDAY 26 *	WEDNESDAY 27 *	THURSDAY 28 *	FRIDAY 29 *
Country Fried Steak w/Gravy Mashed Potatoes French Cut Green Beans Mixed Greens Salad w/Dressing WW Roll w/Margarine Applesauce	Sweet & Sour Pork Steamed Rice or Asian Noodles Oriental Vegetables Asian Slaw WW Roll w/Margarine Fresh Orange	Green Chile Frito Pie Zucchini & Onions Shredded Lettuce, Tomato Flour Tortilla Jello w/ Fruit	BBQ Chicken Breast Baked Potato w Sour Cream Capri Vegetables Garden Salad w/Dressing Biscuit w/Margarine Mandarin Oranges	Sloppy Joe Sandwich Garlic and Dill New Potatoes Steamed Brussel Sprouts Garden Salad Fresh Pears

Final Menu