

Please sign up on the
Nutrition Board

SEPTEMBER 2019

To cancel please call
the Office at 633-5138

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED	3 Breaded Chicken Breast with Buffalo-style Sauce on a Hamburger Bun Fiesta Corn Broccoli Fresh Plum Chocolate Milk (719)	4 Sliced Roast Turkey with Stuffing, Gravy and Cranberry Sauce Mashed Sweet Potatoes Peas Tapioca Pudding with Diced Peaches (713)	5 Beef Stew Mashed Potatoes Garlic Biscuit Chocolate Mousse (751)	6 Roast Pork with Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (713)
9 Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	10 ENTRÉE SALAD Julienne Salad with Iceberg & Romaine Lettuce Cherry Tomatoes & Carrots Rye Bread Frosted Lemon Cake (760)	11 Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Cornbread Baked Pear Crisp (766)	12 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta Wax Beans Chef Salad Tropical Fruit (615)	13 Sliced Roast Beef with Fresh Onion Gravy & Horseradish Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruited Gelatin (694)
16 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	17 Chili Con Carne Carrots Fruit Punch Cornbread Fresh Apple Chocolate Milk (917)	18 Baked Fish with Lemon Cream Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (643)	19 ENTRÉE SALAD Grilled Chicken Caesar Salad Dinner Roll Frosted Marble Cake (972)	20 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)
23 Roast Turkey with Gravy & Cranberry Sauce Mashed Potatoes Peas and Carrots Breakaway Roll Apple Pie with Whipped Topping (812)	24 Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (629)	25 Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote (772)	26 Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Spinach with Mushrooms Lemon Cake with Lemon Glaze (951)	27 National Senior Center Month Celebration Lunch Please sign up in the Office
30 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches Chocolate Milk (813)	1 Quarter Chicken with Gravy Carrots Cauliflower Rice Sugar Cookies (780)	2 Roast Beef with Gravy and Horseradish Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (671)	3 Bratwurst with Baked Beans & Mustard on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges (731)	4 ENTRÉE SALAD Cranberry Chicken Salad On a Bed of Lettuce with Classique Dressing Club Crackers Tropical Fruit (662)