

SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50

Individuals 59 years and under pay \$7.50

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Jambalaya Stewed Okra W/ Diced tomatoes Salad Spiced Peaches	Frito Pie Pinto Beans Capri Vegetables Corn Chips Tropical Fruit	Egg Salad Sandwich WW bread Garbanzo Beans Green Salad Tropical Fruit	Teriyaki Beef W mushrooms Oriental Vegetables Cucumber Salad Brown Rice Vegetable egg rolls pineapple tidbits
7	8	9	10	11
Closed	Herb Baked Fish Parsley Potatoes Brussel Sprouts WW Roll Grapes Fat Free Sorbet	Green Chile Posole Roasted Zucchini Tomato Four Tortilla Green Salad Apricots	Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Fruit Salad Non Fat Yogurt	Garden Salad W/ Chicken Romaine, Shredded Carrot, Red Cabbage, Cucumber HB EGG WW Roll Strawberries
14	15	16	17	18
Chicken Fried Rice Stir Fry Vegetables Snap Peas Mandarin Oranges & Pineapple	Sloppy Joes Potato Wedge Peppers & Onions Green Beans Apple Cobbler	Baked Salmon W/ Tartar Sauce Wild Rice California Blend Vegetables Mixed Berries	Baked Eggplant Parmesan Marinara sauce & Mozz Cheese Caesar Salad WW Roll Non Fat Yogurt Fresh Pear	Macaroni & Cheese W/ Ham Brussel Sprouts Carrots Tossed Salad Fruit Cocktail
21	22	23	24	25
Oriental Crispy Chicken Cabbage, Carrots, Lettuce cucumber, Almonds Mandarin Oranges & Pineapple	Pork Schnitzel Mushroom Gravy Warm Potato Salad German Coleslaw Winter Vegetables Tropical Fruit	Red Chile Enchiladas Pinto Beans Chateau Vegetables Butterscotch Pudding	Country Fried Steak Mashed Potatoes Country Gravy Bahama Blend Vegetables WW Roll Applesauce	GC Chicken Alfredo Penne Pasta Italian Blend Vegetables Caesar Salad Grapes
28	29	30		
BBQ Chicken Stewed Tomatoes Spinach WW Roll Apricots	Beef Tips W Mushrooms Egg Noodles Beet Salad Strawberries and Banana	Red Chile Tamales Pinto Beans Flour Tortilla Chateau Blend Vegetables Orange		

