


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

Individuals 59 years and under pay \$7.50

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED 	Red Chile Chicken & Potato Burrito Capri Vegetables Fruit Cocktail Sugar Free Gelatin	Pork Stir Fry Brown Rice Stir Fry Vegetables Fresh Orange Fortune Cookie	Meatloaf Scalloped Potatoes Buttered Carrots Spiced peaches WW Roll	Baked Pork Chop Brown Rice Pilaf Mushrooms, Green Beans, Green Salad Apple Sauce WW Roll
9	10	11	12	13
Salisbury Steak Mashed Potatoes , WW Roll Mushroom Gravy Roasted Brussel Sproutes Tropical Fruit	Herbed Cod Parsley Potaotes WW Roll Spinach Grapes	Hot Roast Beef & Swiss sandwich 3-Bean Salad Beets Banana	Baked Chicken thigh w, Gravy Wild Rice, WW Roll Roasted Asparagus with Onions Roasted Califlower Apricots	Cheese Torellinin with Meaty Marinara Sauce, WW Roll Italian Vegetables Tossed Salad Fruit Salad
16	17	18	19	20
Boneless CountyStyle Rib Baked Beans Carrot & Raisin Salad Cornbread Pineapple Chunks	Chicken Fetuchinin with Alfredo WW Roll Broccoli & Califlower Fresh Pear Chocolate Pudding	Pork Posole Red Chile Flour Tortilla Chateau Blend Vegetables Sugar Free Gelatin w/ Berries	Green Chile Chicken Enchilada Pinto Beans Yellow Squash & Zucchini Plums Sherbet	Turkey Cobb Salad 1 Boiled Egg WW Crackers Strawberries Pound Cake
23	24	25	26	27
Teriyaki Chicken Brown Rice Asian Vegetables Mandarin Oranges Fotrune Cookie	Breaded Cod Baked French Fries Vegetable Medly, Coleslaw WW Roll Fruit Cocktail	Chicken Stew with Vegetables Flour Tortilla Tossed Salad Sliced Pears	Penne Pasta w/ meat Sauce WW Roll California Vegetables Orange	Ham & Cheese Sandwich Sweet Potatoes Broccoli Salad Banana
30				
Shredded Pork , Pinto Beans Green Beans, Red Bell Peppers Cornbread Vanilla Yogurt Mixed Fruit				