


NUTRITION & SERVICES FOR SENIORS

SEPTEMBER 2020

MENU

MON	TUES	WED	THURS	FRI
	1	2	3	4
	Chicken & Dumplings Cauliflower w/ Red Pepper Roll Vanilla Pudding Milk *5	Baked Fish w/Yvette Sauce Brown Rice Turnip Greens Roll Choc Chip Cookie Juice *6	Chicken Alfredo Rotini Zucchini Breadstick Spiced Peaches Milk *5	Italian Meatballs Mashed Potatoes Spinach Cornbread Fruit Cup Juice *5
7	8	9	10	11
CLOSED LABOR DAY	Baked Ranch Chicken Broccoli Roll Orange Slices Milk *4	Pork Chops & French Onion Rice Brussels Sprouts Roll Pear Crisp Juice *4	Pizza Casserole Italian Mixed Vegetables Breadstick Cinnamon Apples Milk *5	Baked Chicken Legs Squash Casserole Cornbread Yogurt Juice *5
14	15	16	17	18
Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Roll Chocolate Pudding Juice *5	Chicken Enchiladas w/Red Sauce Mexi-Corn Green Beans Tortilla Jello Milk *5	Beef Patty w/Lima Beans California Blend Veggies Cornbread Orange Slices Juice *5	Crunchy Fish Patty Tartar Sauce Chuckwagon Corn Tater Tots Wheat Bread Applesauce Milk *6	Salisbury Steak w/Gravy Mashed Potatoes Zucchini Roll Sugar Cookie Juice *4
21	22	23	24	25
Pork Stew Brown Rice Yellow Squash Roll Blueberry Muffin Juice *5	Chicken Salad Pickled Beets Cucumber & Onion Salad Crackers Fruit Cup Milk *4	Beef Tips w/Gravy Rice Turnip Greens Roll Yogurt Juice *6	Steak Fingers w/Cream Gravy Mashed Potatoes Capri Blend Veggies Orange Slices Milk *5	CLOSED Staff Conference
28	29	30	<div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">LABOR DAY</div> 	
Turkey Tetrazzini Carrots Roll Banana Pudding Cup Juice *5	Cheeseburger, Bun Lettuce/Tomato/Onion Pickle/Mustard/Mayo Green Beans Roasted Potatoes Apple Milk *5	Sausage & Potatoes Stewed Tomatoes Roll Applesauce Juice *5		

MILK OR JUICE SERVED WITH EACH MEAL

SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

*Carb Exchanges