

Nutrition & Services for Seniors

September 2022

MON	TUE	WED	THU	FRI
			1	2
			Spaghetti Bake Parmesan Cheese Zucchini Garlic Knot Pudding Juice	Baked Ranch Chicken Mashed Potatoes Baked Beans Roll Fresh Fruit Milk
5	6	7	8	9
CLOSED LABOR DAY	Turkey Chili Brown Rice Greens Roll Peaches Milk	Pub Steak w/Gravy Cubed Potatoes Normandy Veggies Roll Yogurt Juice	Cheese Burger w/Trimming Tator Tots Ranch Style Beans Fruit Cup Juice	Chicken Strips w/Honey Mustard Potato Wedges Peas & Carrots Roll, Fruit Milk
12	13	14	15	16
Sausage & Potatoes Lima Beans Roll Pudding Juice	Baked Chicken Jollof Rice Okra & Tomatoes Roll Yogurt, Juice	Lasagna Italian Green Beans Garlic Knot Fruit Salad, Milk	Fish Square w/Tartar Sauce Sweet Potato Puff Capri Veggies Roll, Pudding Juice	CLOSED STAFF CONFERENCE
19	20	21	22	23
Steak Fingers Mac & Cheese Spinach Roll Yogurt Juice	Sloppy Joe/Bun w/Onion & Pickle Potato Wedges Sugar Snap Peas Banana Pudding w/Cookies, Juice	Baked Pork Chops w/Gravy, Cubed Potatoes, Black Eyed Peas, Roll Applesauce Milk	Cheese Ravioli w/Marinara Catalina Veggies Garlic Knot Fruit Cup Juice	Honey Lime Chicken Brown Rice Zucchini Pita Bread Spiced Pears Milk
26	27	28	29	30
Teriyaki Chicken Noodles Yellow Squash Roll Mandarin Oranges Milk	Pork Tips w/Brown Rice & Gravy, Broccoli Roll, Fruit Yogurt Juice	Chicken Salad Pickled Beets Tomato/Onion Salad Crackers Pudding Juice	Baked Potato w/BBQ Beef & Cheese, Ranch Style Beans, Spiced Pears, Coleslaw Juice	Sliced Ham Potatoes Green Beans Roll Pineapple Chunks Milk

Milk or Juice served with each meal. Substitutions made according to availability of products.