

September 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
2) Labor Day Senior Center Closed	3) Stuffed Shells w/marinara sauce, roasted cauliflower, garden salad, dressing, applesauce & Vienna bread. Cal: 711; Sod: 948	4) Steak Salad w/dressing, corn chowder, crackers, coconut cake & wheat bread Cal: 907; Sod: 1094	5) Teriyaki Chicken Meatballs w/Jasmin rice, mandarin veggie blend, chilled pineapple & snack n loaf Cal: 748; Sod: 891	6) Lemon Citrus Chicken w/ whipped red bliss potato, zucchini, Jello & whole wheat dinner roll Cal: 579; Sod: 807
9) Pasta w/meat sauce, garlic spinach, Caesar salad, honeydew & oatmeal bread Cal: 877; Sod: 1071	10) Travel Chef Roast Beef w/swiss, horse radish & caramelized onions, Au Jus, baguette, sautéed whole green beans, arugula salad w/dressing & vanilla custard w/topping	11) Beef & Cheese Sub w/sweet potato fries, summer squash, mandarin oranges & sub roll Cal: 780; Sod: 859	12) Hawaiian Luau Hawaiian BBQ Chicken w/ island fried rice, tropical slaw, Luau cake & Hawaiian roll Cal: 800; Sod: 989	13) Egg Salad w/lettuce leaf, sweet potato salad, confetti coleslaw, chilled pears & wheat bread Cal: 604; Sod: 995
16) Swedish Meatballs w/ whipped potato, spinach salad, dressing, brownie & multigrain bread Cal: 933; Sod: 875	17) Tarragon Chicken Salad w/ditalini pea salad, tomato & cuke salad, cantaloupe & hot dog roll Cal: 795; Sod: 886	18) Vegetable Pinwheel w/ marinara sauce, kale & white bean soup, crackers, fresh fruit & oatmeal bread Cal: 762; Sod: 1022	19) Hamburger w/ketchup, sweet potato wedges, summer squash blend, yogurt & juice & whole wheat hamburger bun. Cal: 851; Sod: 1068	20) BBQ Chicken Drumstick w/red bliss potatoes, garlic spinach & kale, applesauce & corn bread Cal: 769; Sod: 1587
23) Orange Bourbon Chicken w/green beans, broccoli cheddar soup, crackers, Jell-O & multi-grain bread. Cal: 631; Sod: 839	24) Beef Steak w/cheese, peppers & onions, brown rice, mixed green salad, dressing, fresh fruit & dinner roll Cal: 1058; Sod: 981	25) Tuna Sandwich w/pasta salad, tomato & chick pea salad, cantaloupe & wheat bread Cal: 782; Sod: 949	26) Beef Stew w/ cheddar whipped potato, sugar cookie & biscuit. Cal: 904; Sod: 862	27) Chicken Cordon Blu w/supreme sauce, wild rice blend, brussel sprouts, chilled peaches & white bread Cal: 539; Sod: 782
30) Pulled Pork w/ mustard BBQ sauce, red bliss potatoes, carrots, yogurt & juice & burger roll Cal: 713; Sod: 1024	Before getting lunch, please inform your server of any allergies you may have.			