

## MENU – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>Labor Day</b>  <b>Senior Center Closed</b>	3  Pork Chop and Gravy Mashed Potatoes Steamed Peas Applesauce Oatmeal Cookie	4  Tuna Salad Sandwich Baked Lays Chips Marinated Tomatoes Diced Pear Cup	5  BBQ Meatballs Macaroni and Cheese California Mixed Vegetables Soft Roll Tropical Fruit	6  Shredded Roast Beef in Gravy Steamed Rice Peas and Carrots Texas Toast Peaches
9  Kielbasa Sausage over Rice Cooked Cabbage Roll Sliced Peaches	10  Chicken Alfredo over Penne Pasta Green Beans Breadstick Pineapple Tidbits	11  Meatloaf with Brown Gravy Mashed Potatoes Steamed Peas Soft Roll Pears	12  Fried Chicken Macaroni and Cheese Collard Greens Soft Roll Apple Juice	13  Sliced Ham Yams Steamed Broccoli Corn Bread Applesauce
16  Country Style Steak with Gravy Steamed Rice Yellow Corn Soft Roll Pears	17  Southern Chicken Sandwich Boiled Potatoes Cole Slaw Peach Betty	18  Chicken Piccata Garlic Herb Mashed Potatoes Peas and Carrots Soft Roll Tropical Fruit	19  Chili with Beef and Beans Over Rice Green Beans Peaches Fudge Brownie	20  Hawaiian Chicken BBQ On Bun Yellow Rice Brown Sugar Carrots Pineapple Tidbits
23  Chicken Tenders with Honey Mustard Sauce Cajun Pinto Beans Broccoli and Cheese Soft Roll Strawberry Applesauce	24  Baked Spaghetti Vegetable Blend Soft Roll Pears	25  BBQ Chicken Thigh on Bun Baked Beans Cole Slaw Apple Juice	26  Beef Stroganoff Over Noodles Steamed Peas Soft Roll Fresh Orange	27  Chicken Salad Sandwich Tossed Salad Peaches Oatmeal Cookie
30  Turkey and Gravy Stuffing Green Beans Soft Roll Orange Juice	<b>WELCOME TO THE FRIENDSHIP CAFE</b>  	<b>Lunch Served Monday through Friday 11:30 – 12:15</b>	<b>Contributions Welcome</b>	<b>Happy National Senior Center Month</b>

Each meal contains at least one-third of the current recommended daily allowances for individuals 51 years of age and older.

\*\*All meals contain an 8 oz serving of 2% milk\*\*